

9th Kyu

GOLD/BLACK STRIPE BELT

TERMS

Jodan - High

Chudan - Middle

Soto - Outside

Uchi - Inside

Zenkutsu Dachi -
Front Stance

Kiba Dachi - Horse
riding stance

FREE SPARRING

- Learn to use block and counters
- Vary speed of movement to remain unpredictable
- Sparring develops quick thinking under pressure. You become quicker at considering options and remembering information during stressful situations

SELF DEFENSE

Choke Release

- Choke release 1

Turn head, palm heel thrust

- Choke release 2

Trap one hand & knife hand block the other, palm heel strike with blocking hand

KIHON (Basics)

Stripe 1

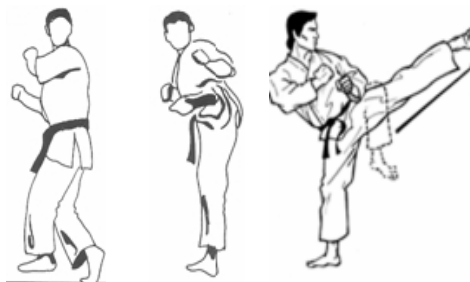
Technique	Stance	Procedure
Choku Zuki Straight Punch	Shisentai Natural Stance	Facing Front
Gyaku Zuki Reverse Punch	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Oi Zuke Stepping Lunge Punch	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Age Uke Upper Block	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Soto Ude Uke Outside Block	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Uchi Uke Inside Block	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Mae Geri Front Kick	Zenkutsu Front Stance	Moving Forward, Turning, Return back
Yoko Geri Keage Side Snap Kick	Kiba Dachi Horse Riding Stance	Moving Forward, Turning, Return back



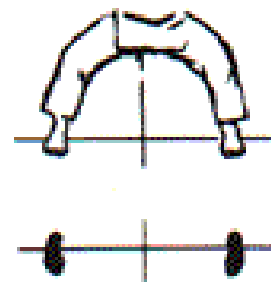
Soto Ude Uke
Outside block



Uchi Uke
Inside Block



Yoko Geri Keage
Side Snap Kick



Kiba Dachi
Horse Riding Stance

CONCEPTS

- Solo Training:
 - Use a mirror for self assessment
 - Practice techniques correctly; speed will develop
- Front Stance
 - Back leg straight
 - Front knee over ankle
 - Drop weight
 - Both feet on the ground
 - Back & Pelvis straight

FITNESS

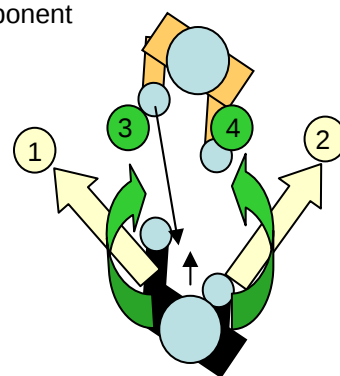
- Run 1/4 mile
- Situps: 10
- Pushups: 3
- Jumping Jacks: 20

KUMITE (Sparring)

Stripe 2

- **Go Han Kumite** 5 Step Sparring; **Jodan** (Upper Level)
 - Attack in Zenkutsu Dachi (left foot forward front stance); steps forward with Jodan Oi Zuki (head high lunge punch) 5x
 - Defender steps back (right foot first) into Age Uke (high block) 5x then Gyaku Zuki (reverse punch)
- **Go Han Kumite** 5 Step Sparring; **Chudan** (Middle Level)
 - Attack in Zenkutsu Dachi (left foot forward front stance); steps forward with Chudan Oi Zuki (mid section lunge punch) 5x
 - Defender steps back (right foot first) into Soto Ude Uke (outside block)* 5x then Gyaku Zuki (reverse punch)
- All Basics from a fighting stance
- Self Defense: Choke Release
- Tai Sabaki Movements 1 through 4

Opponent



Tai Sabaki Movements 1 through 4
Practice with real or imaginary opponent

KATA (Form)

Stripe 3

Taikioku Shodan (First Cause #1) - No Count

Kata Facts

Taikyoku Shodan

Meaning: First Cause
There are three Taikyoku katas created by Gichin Funakoshi for beginners
Techniques:

- Dachi: Zenkutsu
- Uke: Gedan Barai Uke
- Zuki: Oi Zuki
- Moves: 20
- Time: ~1 minute

 Embusen: