



9th Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai (Groin Block) in Zenkutsu Dachi (Front Stance):

1. Chudan Oi Tsuki (Stomach Lunge Punch) x 5 Forward Steps
 2. Jodan Age Uke (Head Rising Block) x 5 Backward Steps
 3. Chudan Soto Uke (Stomach Outside Block) x 5 Forward Steps
- From Shuto Uke (Knife Hand Block) in Kokutsu Dachi (Back Stance)*
4. Shuto Uke x 5 Backward Steps
 5. Gedan Barai x 5 Forward Steps
- Mawatte (Turn) Kakiwake (Arms to the side) in Zenkutsu Dachi:
6. Chudan Mae Geri (Front Kick) x 5 Forward Steps
- Mawatte (Turn) into Keba-Dachi (Horse Back Stance)
7. Yoko Geri Ke-Komi (Side Thrust Kick) x 5 Both Sides

Minimum Requirements

2 months, 16 lessons & 7yrs of age.

The Examiners

Examiners look predominantly for correct basic form.

Kata

Heian Shodan
(Performed to the count)

Kumite

Gohon Kumite (Basic 5 Step)
(Jodan Oi Tsuki, Chudan Oi Tsuki)

Kaizen No-Michi School of Shotokan Karate

Grimsby H.Q Dojo: Ormiston Maritime Academy, Westward Ho, Grimsby, DN34 5AH

Cleethorpes Dojo: Cleethorpes Leisure Centre, Parkway, Cleethorpes, DN35 0BY