

READING FOR KICKS, 9th Kyu Examination, (rev. 7/2016)

A. Kata

1	taikyoku shodan
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B. Impact

1	front stance, in place, reverse punch middle. Change sides.
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2	front stance, in place, short punch high. Change sides.
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3	front stance, step in, punch middle. Change sides.
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4	front stance, step in, front kick low. Change sides.
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C. Falling

1	slap fall from squat
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D. Kata Concepts

1	taikyoku shodan	one breath = one technique	shomen/hanmi	front knee/foot toward opponent
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E. Bunkai (the student chooses a technique from an assigned kata)							
1	Explain the combat application of the technique						
2	List the body actions employed by the technique						
3	Demonstrate the technique against an opponent						
F. Body Action Analysis (list and demonstrate the six methods of making power)							
vibration	2	rotation	3	shifting			
rising	5	lowering	6	expansion / contraction			
G. Dojo Kun (recite)							
1	One. To seek perfection of character.						
2	One. To be sincere and honest.						
3	One. To show strong spirit.						
4	One. To respect others.						
5	One. To refrain from violent behavior.						
H. Vocabulary (define five terms selected by the examiner from the following list)							
1	ichi	one	6	dachi	stance		
2	ni	two	7	zuki	punch		
3	san	three	8	geri	kick		
4	yoi	ready	9	uke	block		
5	yame	finish	10	uchi	strike		
Kihon							
1	front stance, step in, punch middle						
2	front stance, step back, punch middle						
3	front stance, step back, rising block						
4	front stance, step back, outside block						
5	front stance, step back, down block						
6	front stance, step in, front kick low						
7	attention stance, side snap kick low						
J. Yohon Kumite (*=on #4: reverse punch middle, kiai)							
1	O: front stance, step in, punch high						
	D: front stance, step back, rising block *						
2	O: front stance, step in, punch middle						
	D: front stance, step back, outside block *						
3	O: front stance, step in, front kick low						
	D: front stance, step back, down block *						
K. Embusen (for students 14 years and older) (for currently assigned kata)							
1	line diagram	2	box diagram	3	height and timing diagram	4	body action analysis