

Orange Belt (9th Kyu)

9TH KYU

Stances

Kokutsu dachi Backward leaning stance

Sanchin dachi Hour glass stance

Musubi dachi Open toe stance

Strikes

Seiken ago uchi jodan Snapping punch to the jaw

Seiken gyaku tsuki Single reverse punch **Jodan/
Chudan/ Gedan**

Blocks

Seiken chudan uchi uke Middle inside to outside block

Seiken chudan soto uke Middle outside to inside block

Kicks

Mae geri chusoku chudan Front kick with the ball of the foot

Kata

Taikyoku ichi Physical training exercises

Taikyoku ni