



TIGER SPIRIT
KARATE ACADEMY

9th Kyu (White Belt – Black Tag) Grading Requirements



Approved: June 2018

Grading Information:

This grading should take between 8 to 12 minutes to complete.

Students don't have to know the names of the techniques (in Japanese or English) in order to pass this grading!

The grading assessor will show you any movements you don't know the name of!

9th Kyu (White Belt – Black Tag) Grading Requirements Page 1 of 1

KIHON – Stationary Basics

Dachi : Heisoku, Yoi.

*The following in **Kiba Dachi***

Uke : Jodan, Soto.

Tsuki : Choku.

Uchi : Uraken, Tettsui.

*The following in **Kamae**:*

Keri : Hiza, Mae.

*The following in **Chikaku Kamae**:*

Tsuki: Tate, Kizami,

KIHON – Moving

Zunkustu Dachi, Oi Tsuki Forwards Only

Tip: Complete the stance movement before starting the punch!

GOHON KUMITE (Five Step Fighting)

Attacker: Oi Tsuki Chudan

Defender: Zenkutsu Dachi, Soto Uke (No counter attack required on count 5)