

Red Belt - 9th Kyu

Technique	Stance	No.	Additional information
Kihon (Basics)			
Choku-Zuki (Straight-punch)	Shizentai (Natural-stance)	10	Facing forward
Gyaku-Zuki (Reverse-punch)	Zenkutsu-Dachi (Forward-stance)	5	Left side and right side
Oi-Zuki (Stepping-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Age-Uke (Upper-rising-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Soto-Ude-Uke (Outside-forearm-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Uchi-Ude-Uke (Inside-forearm-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Gedan-barai (Downward-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn in Downward-block-repeat
Mae-Geri (Front-kick)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn both arms down - repeat
Kumite (Sparring)	Gohon Kumite (5 Attack Sparring)		Jodan (upper) - no count
Kata (Formal-exercise)	Taikyoku Shodan		Complete Kata - fast no count