



9th to 8th KYU Orange

THEORY

What karate style do we do?

What are the 3 karate attack levels?

KIHON

ZENKUTSU DACHI

1

UCHI UKE

2

AGE UKE + GYAKU TSUKI

3

SOTO UKE + GYAKU TSUKI

4

GEDAN BARAI + GYAKU TSUKI

KOKUTSU DACHI

5

SHUTO UKE

KAMAE

6

MAE GERI

7

MAWASHI GERI

KATA

HEIAN

SHODAN (9-21 STEPS)

KUMITE

IPPON KUMITE

JODAN , CHUDAN
(Roles of karate techniques)

SHIAI KUMITE

SCORE GYAKU TSUKI CHUDAN AND
MAWASHI GERI CHUDAN

<https://www.youtube.com/watch?v=BNbaSxIPO3Y&feature=youtu.be>