



10th to 9th KYU YELLOW

THEORY

What is Karate mean?

What does Sensei mean?

KIHON

ZENKUTSU DACHI
FORWARDS & BACKWARDS

1

AGE UKE

2

SOTO UKE

3

GEDAN BARAI

4

OI TSUKI

KAMAE

5

HIZA GERI - MAE GERI

KATA

Taekyoku SHODAN (count: 20-8-16)

KUMITE

PADS WORK

PUNCH & KICK (Tsuki and Geri)

NOODLES

JODAN/CHUDAN (BLOCKS) + DODGE DOWN
AND JUMP / DEFENSE AND CONTREATTACK
(Noodles and pads)

https://www.youtube.com/watch?v=t3LD_ZWGCAA