



Yellow Belt 9th kyu Test form

Kamae - natural postures

1. Seiza no kamae
2. Rei no kamae
3. Kongo gassho no kamae (sitting and standing)
4. Shizen no kamae
5. Hira no kamae
6. Ichimonji no kamae

Taihenjutsu

1. Zempo Kaiten - 2 handed
2. Naname Zempo Kaiten - 2 handed
3. Koho Kaiten – 2 handed

Ukemi

1. Zempo Zagata Ukemi – kneeling break fall
2. Koho Ukemi – backwards break fall

Taisabaki – Evasion skills

1. Against a punch to the face

Dakentaijutsu

1. Fudo ken fist
2. Punching from shizen no kamae
3. Punching form ichimonji no kamae
4. Zempo geri vs. attacker
5. Sanshitan ken – 3 finger fist against attacker

Knowledge

1. Students must know how to tie their belts

Students must learn and demonstrate:

1. Jab punch
2. Cross and straight punch

3. Hook punch
4. Uppercut punch
5. Elbow strikes
6. Knee strikes
7. Low level round house kicks
8. Crescent kicks inward / outwards

Target areas:

1. Direction of strikes when attacking the front of the body.
2. Direction of strikes when attacking the back of the body.
3. Must know the meridians of the human body and both vessels.
4. Know where the GB cluster is. (13,14,15)
5. Know where release point for the neck is (ST4)
6. Know where release point for the shoulder is (LU2)
7. Know where release point for the elbow is (TW11)
8. Know where CV22 is located.
9. Know where SP6 is located.