

VICTOR YOUNG'S
GANBARE SHOTOKAN KARATE-DO OF PRESCOTT

9th Kyu Yellow Belt Requirements

Dress in Gi & Tie belt properly (youth only)

Know the Dojo Kun & basic dojo Etiquette (question and answer)

KIHON

10 Times standing in place by the count: left hand forward, right hand chambered

Middle level punch

Raising block

Outside stomach block

Down block

Front snap kick (arms to the side)

Hand techniques Moving forward & backward - Step back w/ right leg and down block into forward stance

5 times each by count:

A.Lunge punch to middle level

B. Raising block

C.Outside stomach block

D.Down block

Kicking techniques Moving forward turn & back - Step back w/ right leg and down block into forward stance

5 times each by count w/ hands to side:

A.Front snap kick middle level (turn)

B.Front snap kick face level (turn and finish)

Step back w/ right leg into Horse stance (A test only)

3 times each by count:

A.Side snap kick middle level (turn)

B.Side snap kick middle level (turn & finish)

KATA-

Taikyoku... First cause (By count for B test, no count for A test)

KUMITE-

5 Step Prearranged Sparring... (By count for B & A test)

A.Lunge punch to face level

B.Lunge punch to middle level