

**9<sup>th</sup> Kyu - RED**  
**(Second Belt/Grade)**

**Minimum Training Time:**  
**3 Months (12 Weeks)**

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**Technical Requirements:**  
**(All Techniques Performed In Both Stances)**

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**JAPANESE**

**Tsuki Waza**

1. Chokuzuki (Jodan) [FA]
2. Gyakuzuki (Chudan) [BA]
3. Yoko Uraken (Jodan) [FA]
4. Mawashizuki (Jodan) [BA]

**ENGLISH**

**Punches**

1. Straight Punch (Head) [FA]
  2. Reverse Punch (Body) [BA]
  3. Side Back Fist (Head) [FA]
  4. Roundhouse Punch (Head) [BA]
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**Keri Waza**

1. Maegeri (Chudan) [BL]
2. Mawashigeri (Chudan) [BL]
3. Maegeri (Chudan) [FL]
4. Mawashigeri (Hiza) [BL]

**Kicks**

1. Front Kick (Body) [BL]
  2. Roundhouse Kick (Body) [BL]
  3. Front Kick (Body) [FL]
  4. Roundhouse Kick (Knee) [BL]
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**Renraku Waza**

1. Chokuzuki (Jodan) [FA]  
– Gyakuzuki (Chudan) [BA]
2. Maegeri (Chudan) [BL] [*Moving Forward*]
3. Chokuzuki (Jodan) [FA]  
– Gyakuzuki (Chudan) [BA]  
– Maegeri (Chudan) [FL]
4. Chokuzuki (Jodan) [FA]  
– Gyakuzuki (Chudan) [BA]  
– Mawashigeri (Chudan) [BL]
5. Maegeri (Chudan) [BL]  
– Mawashigeri (Chudan) [BL]  
[Alt Legs, *Land Forward*]

**Combination Techniques**

1. Straight Punch (Head) [FA]  
– Reverse Punch (Body) [BA]
  2. Front Kick [BL] [*Moving Forward*]
  3. Snap Punch (Head) [FA]  
– Reverse Punch (Body) [BA]  
– Front Kick (Body) [FL]
  4. Snap Punch (Head) [FA]  
– Reverse Punch (Body) [BA]  
– Roundhouse Kick (Body) [BL]
  5. Front Kick (Body) [BL]  
– Roundhouse Kick (Body) [BL]  
[Alt Legs, *Land Forward*]
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## Uke Waza

1. **Sukui Uke [FA]**  
– Gyakuzuki (Chudan) [BA]
2. **Uchi Uke [FA]**  
– Gyakuzuki (Chudan) [BA]
3. **Soto Uke [FA]**  
– Gyakuzuki (Chudan) [BA]
4. **Gedan Barai [FA]**  
– Chokuzuki (Jodan) [FA]

## Blocks

1. **Scooping (Inside Palm) Block [FA]**  
– Reverse Punch (Body) [BA]
2. **Inner Forearm Block [FA]**  
– Reverse Punch (Body) [BA]
3. **Outer Forearm Block [FA]**  
– Reverse Punch (Body) [BA]
4. **Downward Block [FA]**  
– Snap Punch (Head) [FA]

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**Jiyu Kumite**

**Goshin Jutsu (X 2)**

**Shadow Sparring**

**Self Defence (X 2)**

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