



Adelaide Academy of Combat & Defence

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Shotokan Karate-Do 9th Kyu

- 1) Show how to make a fist.
- 2) Explain what part of the fist makes contact when punching.

KIHON (basics)

DACHI (stances)

- 3) Move F 5x, Zenkutsu-Dachi. (front stance)
- 4) Move B 5x, Zenkutsu-Dachi. (front stance)

TSUKI (strikes).

- 5) Move F 5x, Oi-tsuki Jodan. (stepping punch head level)
- 6) Move F 5x, Oi-tsuki Chudan. (stepping punch body level)

UKE (blocks)

- 7) Move F 5x, Gedan-berai. (lower block)
- 8) Move B 5x, Gedan-berai. (lower block).
- 9) Move F 5x, Age-uke. (rising block)
- 10) Move B 5x, Age-uke. (rising block)
- 11) Move F 5x, Soto-ude-uke. (outside block)
- 12) Move B 5x, Soto-ude-uke. (outside block)
- 13) Move F 5x, Uchi-ude-uke. (inside block)
- 14) Move B 5x, Uchi-ude-uke. (inside block)

GERI (kicks)

- 15) Move F 5x, Mae-geri Chudan. (front kick, body level)
- 16) Move F 5x, Mae-geri Jodan. (front kick, head level)

KUMITE (sparring)

- 17) GOHON KUMITE (5 step sparring)
 - 5x Jodan attack.
 - 5x Chudan attack
 - Counter Gyaku-tsuki (with kiai) on the fifth move.

KATA (form)

- 18) Kihon kata.

PASS(23) GOOD(32) EXE(43)