

LLANDUDNO KARATE ASSOCIATION

@ ● HAJIME HIRO

EST 1995

9TH KYU (TABS)

BLOCK - JODAN UKE
COMBINATION BLOCK - JODAN UKE, JODAN UKE
PUNCHES - GYAKUZUKI & OIZUKI

TABS

KICKS - MAGERI
COMBINATION KICK - MAGERI, MAGERI

**9TH KYU IS FOR STUDENTS AGED 3-6 YEARS OF AGE

8TH KYU (TABS)

BLOCK - JODAN UKE
COMBINATION BLOCK - JODAN UKE, JODAN UKE
PUNCHES - GYAKUZUKI & OIZUKI
KICKS - MAGERI
COMBINATION KICK - MAGERI, MAGERI
KATA 1 - SHIHOTZUKI (FOUR STEP PUNCHES)

TABS

KATA 2 - SHIHOTZUKI
(JODAN, CHUDAN SOTO, GEDAN & CHUDAN SHUTO UKE)

7TH KYU (TABS)

BLOCK - GEDAN UKE
COMBINATION BLOCK - JODAN UKE, GEDAN UKE
PUNCHES - GYAKUZUKI & OIZUKI
KICKS - MAGERI & SIRICOMI MAGERI
COMBINATION KICK - SIRICOMI MAGERI, MAGERI
COMBINATIONS - 1 - 2
KATA 1 - PINAN SHODAN

TABS

KATA 2 - SHIHO-TZUKI



6TH KYU (TABS)*

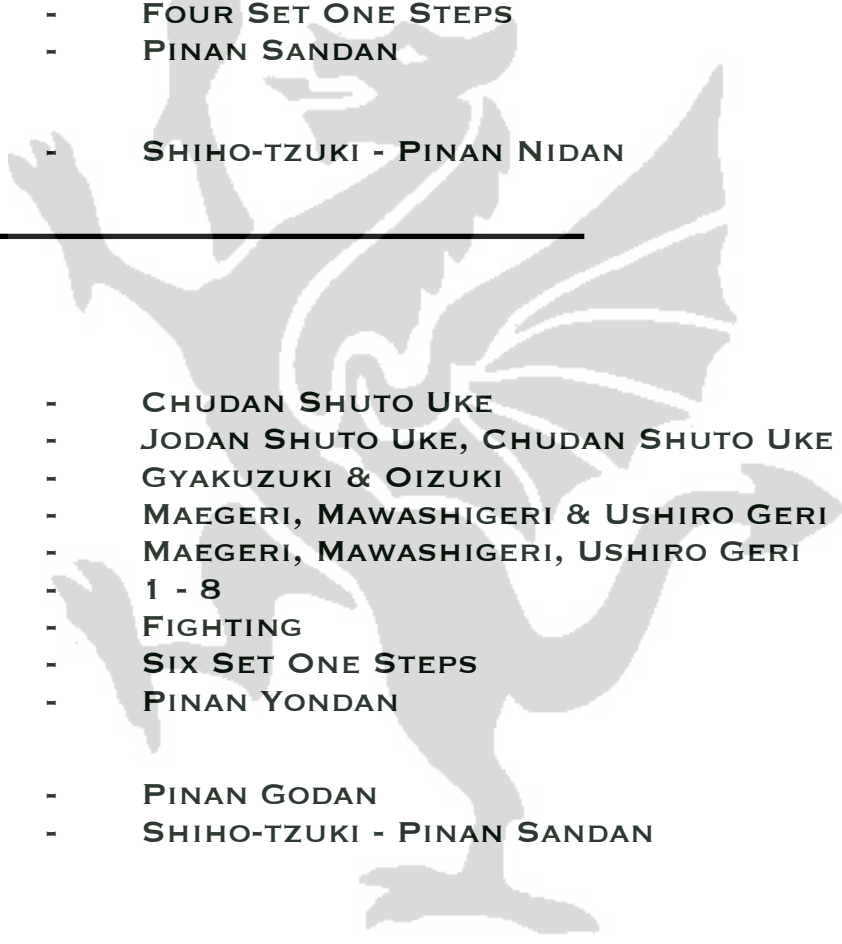
BLOCK	-	CHUDAN UKE
COMBINATION BLOCK	-	GEDAN UKE, CHUDAN UKE
PUNCHES	-	GYAKUZUKI & OIZUKI
KICKS	-	MAEGERI & MAWASHIGERI
COMBINATION KICK	-	MAEGERI, MAWASHIGERI
COMBINATIONS	-	1 - 4
KUMITE	-	FIGHTING
KATA	-	PINAN NIDAN
<u>TABS</u>		
KATA	-	SHIHO-TZUKI OR PINAN SHODAN

5TH KYU (TABS)*

BLOCK	-	JODAN SHUTO UKE
COMBINATION BLOCK	-	CHUDAN UKE, JODAN SHUTO UKE
PUNCHES	-	GYAKUZUKI & OIZUKI
KICKS	-	MAEGERI, MAWASHIGERI & SOKUTO (YOKO GERI)
COMBINATION KICK	-	MAEGERI, MAWASHIGERI, SOKUTO
COMBINATIONS	-	1 - 6
KUMITE	-	FIGHTING
IPPON KUMITE	-	FOUR SET ONE STEPS
KATA	-	PINAN SANDAN
<u>TABS</u>		
KATA	-	SHIHO-TZUKI - PINAN NIDAN

4TH KYU (TABS)*

BLOCK	-	CHUDAN SHUTO UKE
COMBINATION BLOCK	-	JODAN SHUTO UKE, CHUDAN SHUTO UKE
PUNCHES	-	GYAKUZUKI & OIZUKI
KICKS	-	MAEGERI, MAWASHIGERI & USHIRO GERI
COMBINATION KICK	-	MAEGERI, MAWASHIGERI, USHIRO GERI
COMBINATIONS	-	1 - 8
KUMITE	-	FIGHTING
IPPON KUMITE	-	SIX SET ONE STEPS
KATA	-	PINAN YONDAN
<u>TABS</u>		
KATA	-	PINAN GODAN
KATA	-	SHIHO-TZUKI - PINAN SANDAN



3RD KYU (TABS)*

BLOCK	-	UCHI UKE
COMBINATION BLOCK	-	CHUDAN SHUTO UKE, UCHI UKE
PUNCHES	-	GYAKUZUKI / OIZUKI / URAKEN / MAEKEN
KICKS	-	MAEGERI, MAWASHIGERI & USHIRO
MAWASHIGERI		
COMBINATION KICK	-	MAEGERI, MAWASHIGERI, USHIRO MAWASHIGERI
COMBINATIONS	-	1 - 10
KUMITE	-	FIGHTING
BUNKAI	-	KATA APPLICATION
KATA	-	ROHAI (VISION OF THE CRANE)

TABS

KATA	-	JITTE FOR TABS (10 HANDS)
KATA	-	SHIHO-TZUKI - PINAN GODAN

2ND KYU (TABS)*

BLOCK	-	UCHI OTTOSHI
COMBINATION BLOCK	-	UCHI UKE, UCHI OTTOSHI
PUNCHES	-	GYAKUZUKI / OIZUKI / URAKEN / MAEKEN
KICKS	-	MAEGERI, MAWASHIGERI & URA
MAWASHIGERI		
COMBINATION KICK	-	MAEGERI, MAWASHIGERI, URA MAWASHIGERI
COMBINATIONS	-	1 - 10
KUMITE	-	FIGHTING
BUNKAI	-	KATA APPLICATION
KATA	-	ANNANKO (SOUTHERN LIGHT)
<u>TABS</u>		
KATA	-	Ji'IN FOR TABS (INVERTED MERCY)
KATA	-	SHIHO-TZUKI - PINAN GODAN



1ST KYU (TABS)*

BLOCK	-	SAGURITE
COMBINATION BLOCK	-	UCHI OTTOSHI, SAGURITE , TEISHO
PUNCHES	-	GYAKUZUKI / OIZUKI / URAKEN / MAEKEN
KICKS	-	MAEGERI, MAWASHIGERI & USHIRO OTTOSHIGERI
COMBINATION KICK	-	MAEGERI, MAWASHIGERI, USHIRO OTTOSHIGERI
COMBINATIONS	-	1 - 10
KUMITE	-	FIGHTING
BUNKAI	-	KATA APPLICATION
KATA	-	MATSUKAZE (PINE IN THE WIND)
<u>TABS</u>		
KATA	-	JION (MERCY)
KATA	-	SHIHO-TZUKI - PINAN GODAN

1ST TIPTEST

- + BLOCK
- + COMBINATION BLOCK
- + PUNCHES

2ND TIPTEST

- + KATA

3RD TIPTEST

- + ONE STEPS
 - + BUNKAI
 - + KICKS
-

THREE TIPTESTS ARE REQUIRED IN ORDER TO BE ELIGIBLE FOR GRADE.

* STUDENTS TAKING 6TH KYU + (GREEN) ARE REQUIRED TO ATTEND A MINIMUM OF 1 DESHI PER GRADE. DESHI ARE HELD EVERY OTHER MONTH, DATES CAN BE FOUND AT WWW.LLANDUDNOKARATE.COM/EVENTS

