

**10th KYU WHITE BELTS TAKING (BLUE BELTS)**

**KIHON  
CHOKU ZUKI  
GYAKU ZUKI  
OI ZUKI  
AGE UKE  
GEDAN BARAI**

**MAE GERI**

**KUMITE  
SANBON KUMITE  
JODAN**

**KATA  
KIHON KATA (FIRST HALF ONLY TO COUNT)**

**9th KYU BLUE BELTS TAKING (ORANGE BELTS)**

**KIHON  
CHOKU ZUKI  
GYAKU ZUKI  
OI ZUKI  
AGE UKE  
SOTO UKE  
UCHI UKE  
GEDAN BARAI  
URAKEN**

**MAE GERI**

**KUMITE  
SANBON KUMITE  
JODAN**

**KATA  
KIHON KATA**

**8th KYU    ORANGE BELTS TAKING (RED BELTS)**

**KIHON  
CHOKU ZUKI  
GYAKU ZUKI  
OI ZUKI  
AGE UKE  
SOTO UKE  
UCHI UKE  
GEDAN BARAI  
URAKEN  
SHUTO UKE**

**MAE GERI  
KEAGE**

**KUMITE  
SANBON KUMITE  
JODAN  
CHUDAN**

**KATA  
KIHON KATA  
HEIAN SHODAN**

**7th KYU RED BELTS TAKING (YELLOW BELTS)**

**KIHON  
CHOKU ZUKI  
GYAKU ZUKI  
OI ZUKI  
AGE UKE  
SOTO UKE  
UCHI UKE  
GEDAN BARAI  
URAKEN  
SHUTO UKE**

**MAE GERI  
KEAGE  
KEKOMI**

**KUMITE  
SANBON KUMITE  
JODAN  
CHUDAN**

**KATA  
KIHON KATA  
HEIAN SHODAN  
HEIAN NIDAN**