



Yellow Belt, 9th Kyu

Tai sabaki (body movement)

Two steps

Tenkan (turn)

Irimi (enter)

Front side step

Back side step

Pivot

Shikko (knee walking)

- forward, backward, turns

Ukemi (receiving technique)

Forward roll

Backward roll

Attacks

Katate dori (one handed wrist grab)

Mune tsuki (punch to the midsection)

Shomen uchi (open hand strike to front of head)

Tachi waza (standing techniques) ★

Tae no henko, kihon (static) & ki no nagare (in motion)

Kokyu nage

- Katate dori, 3 ways

Kote gaeshi

- Mune tsuki

- Shomen uchi

Kokyu dosa ★