**10th Han Kyu – White Belt with Red Stripe**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **KIHON:**

##### DACHI: (stances)

##### Heiko Dachi (parallel stance)

##### Musubi Dachi (Knot stance)

##### Zenkutsu dachi (forward leaning)

##### TSUKI: (punches)

##### Jodan Oizuki (upper lunge)

##### Chudan Oizuki (mid lunge)

##### Gedan Oizuki (lower lunge)

##### Jodan Maekenzuki (upper jab)

##### Chudan Gyakuzuki (mid reverse)

##### UKE: (receive)

##### Jodan Age Uke (upper rising)

##### Chudan Yoko Uke (mid side)

##### Gedan Harai Uke (lower dropping)

##### Chudan Yoko Uchi Uke (strike block)

##### GERI: (kick)

##### Kin Geri (gold)

##### Mae Geri (front )

##### Chudan Mawashi Geri (mid roundhouse)

Re-assess / Pass / Merit / Distinction

Examiner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_