

# 10<sup>th</sup> KYU – BLUE BELT

Commands during this examination will be given in English

## BASICS

<u>No.</u>	<u>Technique</u>	<u>Stance</u>	<u>Procedure</u>
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward and stepping back
5	Age Uke (upper block)	Zenkutsu	Forward and stepping back
5	Gedan Barai (downward block)	Zenkutsu	Forward and stepping back
5	Mae Geri (front kick)	Zenkutsu	On the spot

## KUMITE

Go Hon Kumite	5 attack sparring - Jodan (upper) level only to count Seniors no count (see pages 52 - 53) Juniors to count (see pages 52 - 53)
---------------	---