

## Gima International Karatedo Federation

### Grading Requirements for 9<sup>th</sup> Kyu (White Belt- 1 Stripe)

Grading students must have trained at least 10 sessions for adults, and 15 sessions for juniors, before attempting this examination.

Grading Fee: \$10.00 (must be paid in full before the grading date)

<b>TACHI-KATA</b>	<b>Stances</b>
Musubi-dachi	Attention position
Shizen-tai	Natural stance
Kiba-dachi	Horse stance
Zenkutsu-dachi	Front stance
Kokutsu-dachi	Back stance
Heisoku-dachi	Closed feet stance
Shiko-dachi	Leg straddle stance
Heiko-dachi	Parallel stance
<b>KIHON WAZA</b>	<b>Basic Techniques</b>
Kiba-zuki	Horse stance and punch
	(1)Jodan -face level
	2)Chudan -stomach level
Gyaku-zuki to uke	Reverse punch (Face, stomach 3X) and blocks ( rising, outside, inside, down)
Mae-geri	Front kick
<b>IDO KIHON WAZA</b>	<b>Basic Moving Techniques</b>
Oi-zuki, zenshin;	Moving forward 1 lunge punch ;
Sagatte, sono-uke	Going back, block
<b>KATA</b>	
Tai Sabaki	

Special Note: Students must understand basic stances.