

9th kyu Cheat Sheet

by Squeen1 via cheatography.com/185820/cs/43353/

Main Points of Examination

Gi Inspection, Tie Belt Properly

Perform Standing Bow

Respond to a Request Appropriately

Count 1-10 in Japanese

Concentration

Correct Stance (ie. Correct Knees Bent/S-

traight, Posture, Balance)

Technique Form (Setup and Execution)

Moving/Transitioning in a Stance

Minimum of 20% Power

Kihon

Forward Stance, Down Block

Forward Stance, Upper Block

Forward Stance, Outside Block

Forward Stance, Inside Block

Forward Stance, Lunge Punch

Forward Stance, Reverse Punch

Back Stance, Knife Block

Forward Stance, Front Kick

3-

Taikyoku Shodan

Taikyoku Nidan

Kumite

Defend: Upper

Attack: Jodan Block Step

3-Attack: Defend: Down

Chudan Block Step

3-Attack: Migeri Defend: Down

Step Block

Ground Positions

Open Guard

Closed Guard

Mount

Back Mount

Side Control

Grappling

Trap and Roll Escape

"Swimming" Escape

Mount Position Control

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Not published yet.

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Falls

Back Fall

Side Fall

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