

# 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

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

Taikyoku Shodan

Taikyoku Nidan

### Falls

Back Fall Side Fall

Kumite

3-

3-Attack: Jodan Defend: Upper Block Step 3-Attack: Defend: Down Chudan Block Step

Defend: Down

Attack: Migeri Step Block

### **Ground Positions**

Open Guard

Closed Guard

Mount

**Back Mount** 

Side Control

## Grappling

Trap and Roll Escape

"Swimming" Escape

Mount Position Control

By Squeen1

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Not published yet.

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