

9th Kyu (Kukyu) Test

Yellow Belt with White Stripe

9th Kyu is not intended for adults.

A 9th kyu student is able to perform the most basic blocking and punching techniques with reasonable coordination and posture, placing little emphases on kicking or advanced techniques.

Key Performance Points:

Correct stances and front knee forward

Kata

None

Basics

1. **4 times moving forward, 4 times moving backward**
 - a. *oi zuki*
Step into a lunge punch (front stance)
2. **4 times moving forward, 4 times moving backward**
 - a. *age uke*
Step into a rising block (front stance)
3. **4 times moving forward, 4 times moving backward**
 - a. *ude uke*
Step into an outside block (front stance)
4. **4 times moving forward, 4 times moving backward**
 - a. *uchi uke*
Step into an inside block (front stance)
5. **4 times moving forward, 4 times moving backward**
 - a. *shutō uke*
Step into a knife-hand block (back stance)
6. **4 times moving forward**
 - a. *mae geri*
Front snap kick with the back foot, land in front stance
7. **4 times moving backward**
 - a. *gedan barai*
Step back into a downward block (front stance)

Kumite

1. **5 times**
 - a. *yoko yori ashi*
Sidestep an attack by shuffling to the side (fighting position)
2. **5 times**
 - a. *ushiro yori ashi*
Retreat when attacked by shuffling backward (fighting position)
3. **Understand the Second Principle of Karate**
 - a. *if you must fight, you must win*
There might be times when you **must** fight, such as protecting somebody
In those cases, you need to do your very best to win that fight