

# 10th Kyu (Jukkyu) Test

# White Belt with Black Stripe

10th Kyu is not intended for adults.

A 10th kyu student is able to perform the most basic blocking and punching techniques, placing little emphases on kicking or combination techniques.

## Key Performance Points:

Demonstrate the differences between techniques

## 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. **Demonstrate principals of avoidance**
  - a. *nigeru*  
Run away or avoid a fight when accosted
  - b. *makete ni yoru atari*  
Win by losing
2. **5 times**
  - a. *ushiro yori ashi*  
Retreat when attacked by shuffling backward (fighting position)
3. **Understand the First Principle of Karate**
  - a. *avoid the fight*  
You could get hurt  
You could hurt others  
You could go to jail  
You could get sued
  - b. *how to avoid fighting*  
Be polite, courteous, and kind to others at all times  
Avoid saying rude or mean things to others or about others  
If you know where trouble is taking place, avoid that place, but tell an adult about it  
If somebody tries to fight you physically, run away rather than stand your ground