



CLASS PLAN FOR 9TH & 10TH KYU - GOLD BELT

Minimum Class Time - 8 weeks (16 classes) - 10th Kyu

Minimum Class Time - 16 weeks (32 classes) 9th Kyu

1. DEMONSTRATE STANCES: *Tachi-kata*

Heisoku-dachi	<i>informal attention stance (heels and toes together)</i>	
Musubi-dachi	<i>informal attention stance (toes turned out)</i>	
Hachiji-dachi	<i>open-leg stance</i>	Zenkutsu-dachi <i>front stance</i>
Kokutsu-dachi	<i>back stance</i>	Kiba-dachi <i>straddle stance</i>

2. DEMONSTRATE KICKS: *Keri-kata*

Front Leg Lift	Mae-geri	<i>front kick</i>
Side Leg Lift	Mawashi-geri	<i>roundhouse kick</i>
	Yoko-geri	<i>side kick</i>

3. DEMONSTRATE HAND TECHNIQUES: *Te-waza*

Uke-te -- hand blocks

Age-uke	<i>high defend</i>	Soto-uke	<i>outside-inside defend</i>
Chudan-uke	<i>middle defend</i>	Shuto-uke	<i>knifehand defend</i>
Gedan Barai	<i>low defend</i>	Juji-uke	<i>X-block</i>

Tsuki-te-- hand attacks

Empi	<i>elbow</i>	Gyaku-tsuki	<i>reverse punch</i>
Nukite	<i>spear hand</i>	Oi-tsuki	<i>lunge punch</i>
Seiken	<i>regular fist</i>	Shuto	<i>sword hand</i>
Sonoba-shuto uchi	<i>knifehand strike</i>	Sonoba-tsuki	<i>basic punch</i>
Uraken	<i>Backfist</i>	Heito	<i>ridge hand</i>

4. DEMONSTRATE 10 IPPON KUMITE (*Formal one-Step Sparring*)^{*}

The following are recommended

1. Two Front kick - right and left
2. Two Side kick - right and left
3. Two Roundhouse kick - right and left
4. Two Punching - right, lunge and reverse on a radius to target
5. Two Punching - left, lunge and reverse on a radius to target

5. EXECUTE 4 RELEASES:

1. Hold lapel by two hands
2. Hold arm by wrist
3. Hold shoulder by one hand from rear
4. Hold neck from side

6. DEMONSTRATE Star Exercises and Wrist Press

1. Wrist Press Exercise^{*}
2. Three Star Exercise^{*}
3. Two Star Exercise^{*}
4. Five Star Exercise^{*}

7. KATA REQUIREMENT

1. Taikyoku Shodan, Nidan, Sandan
2. Heian Shodan^{*}
3. Kwan Bu Level Two - Basic Combinations
4. Kwan Bu appropriate for rank

8. LANGUAGE REQUIREMENTS

1. Count to ten in Japanese: *ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju.*
2. *Sensei* - instructor, *Yame* - stop, *Yoi* - ready, *Hajime* - Begin, *Kiai* - spirit yell
3. *Rei* - Bow, *Hai* - yes, *Waza* - technique, *Dojo* - Training Hall, *Karate* - empty hands.

^{*} Required for 9th Kyu Gold Belt

