



## 10.KYU



## 9.KYU

### **Kihon:**

Moving forward from zenkutsu-dachi gedan-barai with gedan-barai.

- Turn around with gedan-barai and move forward with chudan-oizuki.
- Make gedan-barai and move backward with age-uke.
- Make gedan-barai and move forward with chudan-soto uke.
- Turn around with gedan-barai and change to kokutsu-dachi with shuto-uke.
- Move forward with chudan-shuto-uke.
- Turn around into zenkutsu-dachi with gedan-barai and move forward with maegeri.
- Turn around and step into kiba-dachi.
- From kiba-dachi move sideways with yoko-keage and return in the same way but using the other leg to kick.
- The same for yoko-kekomi.

### **Asai Ryu - Kihon**

From Zenkutsu-dachi Gedan-gamae

- Chudan Oi-zuki (step forward)
- Jodan Age-uke (step back)
- Chudan Soto-uke (step forward)
- Gedan Barai (step back)
- From Kakiwake, Mae-geri (step forward)
- Kokutsu-dachi Shuto-uke (step back)

### **Kata:**

- Taikyoku I

### **Kumite:**

#### **Gohon Kumite:**

- once with jodan attacks and age-uke blocks
- once with chudan attacks and soto-uke blocks

Sanbon Kumite (Jodan Oi-zuki, Chudan Oi-zuki)