

## FSK Rank Requirements

### 9th Kyu (Yellow Belt)

#### KIHON WAZA (Basic Techniques)

Show 4 basic stances:

Ready Stance	Front Stance	Back Stance	Horse Stance
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#### Te Waza (Hand Techniques)

- Punch in place from Horse stance (count to 10 - Repeat 3 times)

	Waza (Technique)	Dachi (Stance)	Direction of movement
1.	Oizuki (Lunge Punch)	Zenkutsu (Front Stance)	Forward
2.	Oizuki (Lunge Punch)	Zenkutsu (Front Stance)	Backward
3.	Jodan Age Uke (Upper Rising Block)	Zenkutsu (Front Stance)	Forward
4.	Uchi Uke (Inside block)	Zenkutsu (Front Stance)	Backward
5.	Gedan Barai (Lower Sweeping Block)	Zenkutsu (Front Stance)	Forward
6.	Gedan Barai (Lower Sweeping Block)	Zenkutsu (Front Stance)	Backward

#### Keri Waza (Kicking Techniques)

	Waza (Technique)	Dachi (Stance)	Direction of movement
1.	Mae Geri (Front Kick)	Heisoku (Feet together)	Standing in place (alternate legs)
2.	Yoko Geri (Side Kick)	Heisoku (Feet together)	Standing in place (alternate legs)
3.	Mae Geri (Front Kick)	Zenkutsu (Front Stance)	Forward

#### KATA (Forms)

Taikyokyu Shodan

#### KUMITE: One Step Sparring

Age Uke (Rising Block)	Uchi Uke (Inside Block)	Gedan Barai (Lower Sweep)
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#### UKEMI (Rolling & Falling)

Sitting Side Fall

Roly Poly

#### Self-Defense

Eyes up, Hands up

Same side grab single wrist release

#### ADDITIONAL

Demonstrate how to bow properly

Demonstrate how to tie your belt

Count from 1-10 in Japanese

Say "Thank you" in Japanese