

9th Kyu — 6th Kyu Requirements on Zoom

9th Kyu

<u>KAMAE</u>	<u>STRIKES</u>	<u>KICKS</u>	<u>Shadow Boxing</u>
Seiza	Tsuki-punch	Front stomp	Jab (front hand)
Fudoza	Omote shuto	Back stomp	Cross (rear hand)
Shizen	Ura shuto	Toe kick	Hook (elbow level)
Ichimonji	Shitan-ken		Uppercut (elbow low)
Hicho			
<u>MUTO</u>	<u>SAN SHIN</u>	<u>KIHON HAPPO</u>	<u>CONDITIONING</u>
Step-45 back	Chi no kata	Ichimonji (shizen)	Rapid Fire Stomp
Open door	Sui no kata	Hicho	Ninja Jump-rope
Tobi			Deep Kamae

8th Kyu

<u>KAMAE</u>	<u>KIHON HAPPO</u>	<u>ROLLS</u>	<u>UKEMI</u>
Houko	Ichimonji-kamae	Front-shoulder	Ushiro
Jumonji	Hicho-shizen	Back-ichimonji	Yoko
Geidan	Jumonji	Geidan Side to	Ninja-
Shoshin	K/H Combination	Side	cartwheels
<u>MUTO</u>	<u>SAN SHIN</u>	<u>KICKS</u>	<u>SELF-DEFENSE</u>
Tobi-kaiten	Ka no kata	Side-stomp	Shadow Boxing
Four-cuts	Chi/Sui/Ka	Slide-stomp	Add Kicks/Ducks

7th Kyu

<u>ROLLS</u>	<u>KICKS</u>	<u>MUTO</u>	<u>SELF-DEFENSE</u>
Cartwheels	Back roll/ back kicks	Seven cuts	Kick defense
Daruma	Front rolls/ stomp kicks	45 forward	Double grab
Toe Touch			Strike Combination
<u>SAN SHIN</u>	<u>KIHON KATA</u>	<u>STRIKES</u>	<u>KAMAE</u>
Fu no kata	Jumonji	Boshi-ken	Deep Knee bend
Ku no kata	Ganseki nage	Shikan-ken	Ichimonji Kamae
Combination		Shako-ken	

6th Kyu

<u>Hanbo</u>	<u>PAIR KATA</u>	<u>KNIFE KATA</u>	<u>KIHON HAPPO KATA</u>
Bo Furi	Osoto nage	Omote	Musha dori
Multiple Strikes	Uke nagashi	Ken nagashi	K/H Combination
Kihon Blocks etc.	Kihon Happo	Katate nage	Henka

SWORD WORK: Stances (Diajodan, Chudan, Geidan, Seigan, Hasso)
Cuts: Daijodan. 6 cuts from hasso. Henka with Tsuki, Kasumi, Kihon

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Open door	Sui no kata	Hicho	Ninja Jump-rope
Tobi			Deep Kamae

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Geidan	Jumonji	Geidan Side to	Ninja-
Shoshin	K/H Combination	Side	cartwheels
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Tobi-kaiten	Ka no kata	Side-stomp	Shadow Boxing
Four-cuts	Chi/Sui/Ka	Slide-stomp	Add Kicks/Ducks

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Testing on Zoom

We have changed our way of holding classes due to the COVID-19 pandemic. Much of the training we do in-person at the Dojo or our school programs is not possible on-line. Still we have great students who keep training on Zoom. Our instructors can interact with students and see how they improve over time. For this reason we want to have a format to help students understand how they will be evaluated for belt-rank promotion in the present situation.

Some may question if this type of testing is the same as when we were training in-person. Of course there are differences. But whether on-line or in-person—training with focus and discipline increases martial art skills. It is important to recognize students who take their training seriously. In some ways it is even more difficult for students to keep their focus during Zoom Classes.

Those that do will be recognized and allowed to move up in rank.

Even though we cannot test in-person at this time we can do a Zoom Test. We will ask students we feel ready to move up in rank to stay on-line after either the Saturday or Tuesday classes for a Test. We will give students advanced notice so they can sharpen their skills before the actual test. Belts and Rank Certificates will be available at the Dojo during business hours.



If you look at the *9th—6th Kyu requirements on Zoom* you will notice that more strength and stamina training is included. Shadow Boxing and Ninja Jump Rope are examples of stamina training, while holding deep stances (*kamae*) is an example of strength training. We will also focus on *Kata* which are set forms instead of partner based techniques. The advantage of practicing blocks, strikes, locks and throws as *Kata* is that they do not require a partner or mats. The disadvantage is that you do not get the instant feedback from your partner. If you take the physical fitness training and *Kata* training seriously you will end up with stronger martial arts skills at the end of the pandemic and be ready for in-person training. Keep your discipline and focus. Practice on your own when you can!

Ganbate Kudasai! (Never Give Up!)

9th Kyu —6th Kyu Requirements on Zoom

9th Kyu

<u>KAMAE</u> Seiza Fudoza Shizen Ichimonji Hicho	<u>STRIKES</u> Tsuki-punch Omote shuto Ura shuto Shitan-ken	<u>KICKS</u> Front stomp Back stomp Toe kick	<u>Shadow Boxing</u> Jab (front hand) Cross (rear hand) Hook (elbow level) Uppercut (elbow low)
<u>MUTO</u> Step-45 back Open door Tobi	<u>SAN SHIN</u> Chi no kata Sui no kata	<u>KIHON HAPPO</u> Ichimonji (shizen) Hicho (KATA)	<u>CONDITIONING</u> Rapid Fire Stomp Ninja Jump-rope Floor Kicks

8th Kyu

<u>KAMAE</u> Hoko Jumonji Geidan Shoshin	<u>KIHON HAPPO</u> Ichimonji-kamae Hicho-shizen Air Omote Gyaku Air Ura Gyaku	<u>ROLLS</u> Front-shoulder Back-ichimonji Geidan Side to Side	<u>UKEMI</u> Ushiro Yoko Ninja- cartwheels
<u>MUTO</u> Tobi-kaiten Four-cuts	<u>SAN SHIN</u> Ka no kata Chi/Sui/Ka	<u>KICKS</u> Side-stomp Slide-stomp	<u>CONDITONING</u> Shadow Boxing Add Kicks/Ducks Add Backfist

7th Kyu

<u>ROLLS</u> Cartwheels Daruma Toe Touch	<u>KICKS</u> Back roll/ back kicks Front rolls/ stomp kicks	<u>MUTO</u> Seven cuts 45 forward	<u>SELF-DEFENSE</u> Kick defense Double grab Strike Combination
<u>SAN SHIN</u> Fu no kata Ku no kata Combination	<u>KIHON KATA</u> Jumonji Ganseki	<u>STRIKES</u> Boshi-ken Shikan-ken Shako-ken	<u>STRENGTH TRAINING</u> Deep Knee bend Ichimonji Kamae Squat Strikes

6th Kyu

<u>Hanbo</u> Bo Furi Multiple Strikes Kihon Blocks etc.	<u>KIHON KATA</u> Osoto nage Uke nagashi Kihon Happo	<u>KNIFE KATA</u> Omote Ken nagashi Katate nage	<u>KIHON HAPPO KATA</u> Musha dori K/H Combination Henka
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