9TH Kyu – Yellow Belt Requirements  
(Test in English)

KIHON (Basics)

(B TEST) Dress in Gi & Tie belt properly

(B TEST) Know Dojo Kun & Dojo Etiquette  (question & answer)

Natural Stance – In place  
Yoi – Left hand out, right hand pulled back (chambered)

5 times by the count:
   A) BASIC PUNCH (Stomach Level)
   B) RISING BLOCK
   C) OUTSIDE STOMACH BLOCK
   D) DOWN BLOCK

Feet together arms to the side 
   E) FRONT SNAP KICK (Stomach Level)

Hand Techniques – Moving forward & backward  
Step back w/ right leg, down block FRONT STANCE

5 times by the count:
   A) LUNGE PUNCH (Stomach Level)
   B) RISING BLOCK
   C) OUTSIDE STOMACH BLOCK
   D) DOWN BLOCK

Kicking Techniques
Step back w/ right leg, down block into FRONT STANCE

5 times by the count: 
(Hands down to side - Youth B Test & Hands up in Kamae – A Test)
   A) FRONT SNAP KICK (Stomach Level) - Basic Turn in place
   B) FRONT SNAP KICK (Face Level) - Basic Turn in place

Step out w/ right leg into HORSE STANCE

3 times by the count:
   C) SIDE SNAP KICK (Stomach Level) - Turn
   D) SIDE SNAP KICK (Stomach Level) - Turn

KATA (Forms)
   A) Taikyoku "First Cause" - (by the count B Test & NO count A Test)

KUMITE (Sparring)

5-step Prearranged Sparring (by the count)
   A) FACE PUNCH (Lunge Punch)
   B) STOMACH PUNCH (Lunge Punch)