

# White Belt - 9th Kyu

## Novice Testing Requirements

### 1st Stripe

Attention Stance  
Bowing/Meditation Routine  
Ready Stance  
Front Kicking Stance  
High Block  
Low Block

### 2nd Stripe

#### 1st Stripe Requirements

Front Roll  
Pressure Points

### 3rd Stripe

#### 2nd Stripe Requirements

Front Punch  
Double Punch  
Reverse Punch

### 4th Stripe

#### 3rd Stripe Requirements

Front Kick  
Roundhouse Kick

### 5th Stripe

#### 4th Stripe Requirements

Combinations (1 - 3)

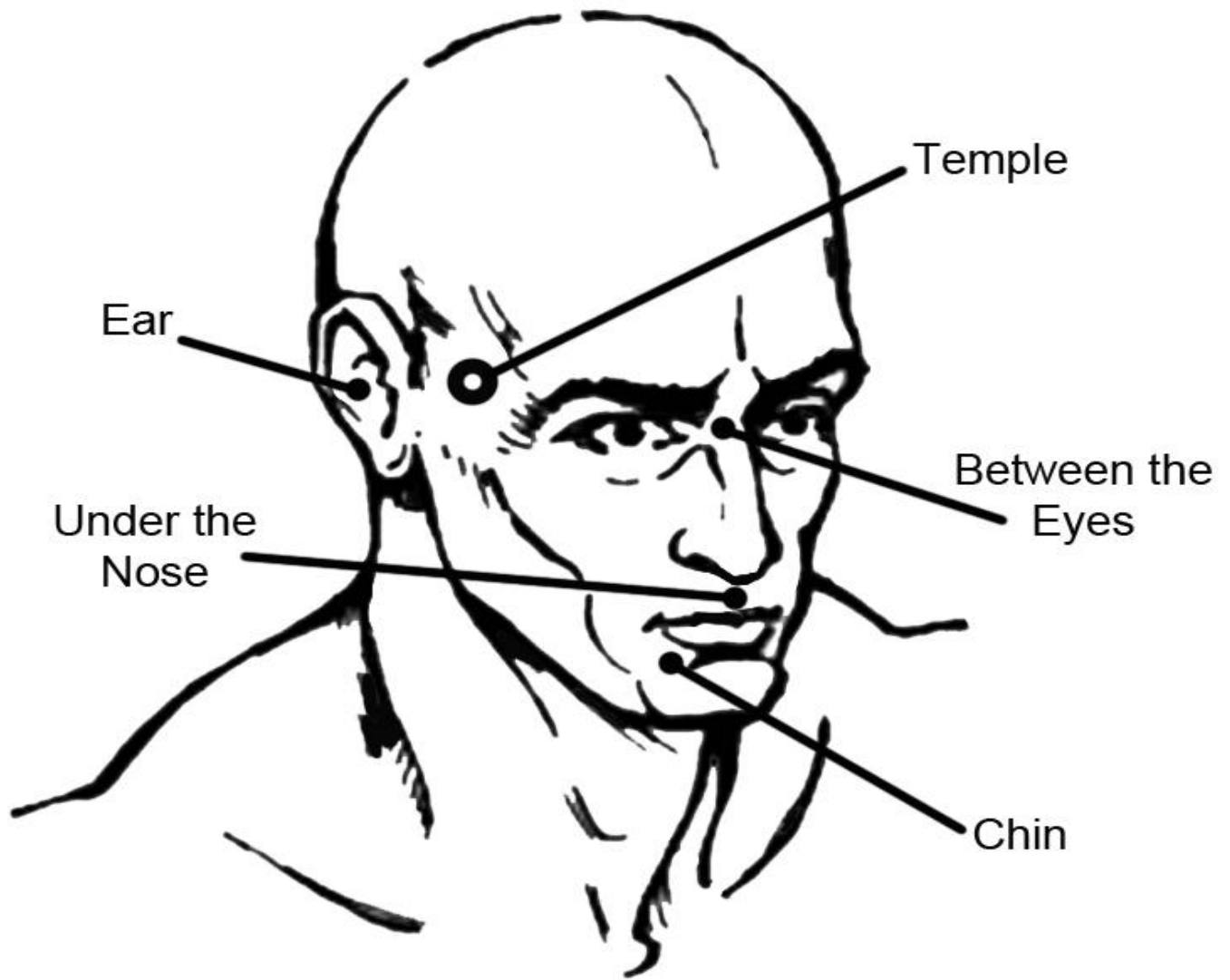
## Yellow Belt (Lynx) Test - 8th Kyu

#### 5th Stripe Requirements

Kata I: Ten Position Stances (10/S)  
Terminology

# White Belt - 9th Kyu

## Pressure Points



T-Zone  
Sternum Notch  
Groin

# White Belt - 9th Kyu

## Combinations (1 - 3)

1. Attacker- Front Kick (Left & Right Foot)

Defender- Step back into Low Block & Reverse Punch to A's face

2. Attacker- High Punch (Left & Right Hand)

Defender- Step back into High Block & Reverse Punch to A's stomach

3. Attacker- Middle Punch (Left & Right Hand)

Defender- Step to the outside of A & Roundhouse Kick to A's stomach

# White Belt - 9th Kyu

## Terminology

### Fruit of the Spirit

1. I will **love** my friends *and* enemies, seeking only their best interest.
2. I will be **joyful** whether I win or lose.
3. I will take the **peaceful** way out of a conflict in **patience** and **kindness**.

### Scripture

**Hebrews 13:17** "Obey them that have the rule over you, and submit yourselves: for they watch for your souls."

# White Belt - 9th Kyu

## Kata I: Ten Position Stances (10/S)

#	Direction	Stances	Blocks	Strikes	Kicks
1	Forward	L Front Kicking			
2	Forward	R Front Kicking			
3	Right	R Front Kicking			
4	Forward	L Front Kicking			
5	Left	L Side Kicking			
6	Forward	R Side Kicking			
7	Left	L Front Kicking			
8	Forward	R Front Kicking			
9	Right	R Front Kicking			
10	Forward	L Front Kicking			

Each Kata serves two primary purposes: 1. *To provide a fantastic drill in basic techniques.*  
But most importantly, 2. *To showcase dynamic technique and style.*

Every Kata builds off of the one before it. Ultimate success comes incrementally. Master each stance. Perfect the blocks, strikes, and kicks in turn. But don't go too fast! Constantly endeavor to grow, learn, and better yourself. The Kata is a crown jewel of martial arts training. Work hard!

**The wise man built his house upon a rock. A strong foundation is necessary for strong techniques. This 10 Position Stance Kata gives you the opportunity learn how to create a rock-solid foundation for your martial arts journey.**

**But do not neglect your spiritual foundation . . . complete trust in Jesus Christ for your eternal salvation is the strongest foundation in the universe.**