

9th Kyu — White Belt

BEGINNER GRADES | Technical examination standard

Objective

Introduction to safe training, stance and basic coordination.

Required techniques

Orthodox/southpaw awareness; guard; advance/retreat/lateral steps; jab; cross; lead and rear front kick.

Basic combinations (must perform at least 3 to pass)

- Jab
- Jab–Cross
- Front Kick -Jab–Cross
- Jab–Cross-Round Kick
- Jab–Cross-Hook-Round Kick

Defensive application

High guard; retreat; controlled distance.

Practical examination

Instructor observation; three pad combinations; no contact sparring.

Knowledge and conduct

Training etiquette, safe equipment, striking surfaces.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.