

Junior 9th Kyu Requirement

Sparring Set #2



**Kiotsuke
(Attention)**



Rei (Bow)



**Return to attention
stance**



**Yoi (ready), left
hand over right
hand**



**Step back with the
right foot into a
left guard and kiai**



**Left jab
eye level**



**Right cross
chest level**



**Repeat jab/cross
combination
3 more times**



**Left hand
low block**



**Right hand
low block**



**Left middle
inside block**



**Right middle
inside block**



Left high block



Right high block



Left leg block



Right leg block



Left jab



**Right cross &
kiai**



**Right foot steps
forward & turn**



**Right foot slides up
to left foot**



Left front kick



Left jab



Right cross



**Left steps across
& turn**



**Left foot slides up
to right foot**



Right front kick



Right jab



Left cross



Right foot sets back into left guard



Right front kick & set forward



Left front kick & set forward



Right front kick & set forward



Right jab eye level



Left cross chest level



Turn to face 45 degrees to the right



Left foot slides up to right foot



Right backfist at eye level



Right roundhouse kick, set forward



Right foot sets back, facing 45



Right foot slides up to left foot



Left backfist at eye level



Left roundhouse kick, set forward



Right foot steps back into left guard



Left jab



Right cross



**Left inward
elbow strike**



**Right inward
elbow strike**



**Reach forward
to grab**



Right knee kick



**Set right foot back
into left guard**



**Execute a right
inside crescent kick**



**Turning 360
degrees, kiai**



**Finish in a
left guard**



**Yame (end)
Left palm open, right
hand stays in fist**



**Slide left foot back to
right into
attention stance**



**Bring hands to chest
and then down open-
ing the right hand**



**Palms are held
tight to the side**



Rei (bow)



**Return to attention
stance**