

Genbukai Canada
9th kyu grading requirements
White belt with black stripe

STANCES

Attention stance	Heisoku Dachi
Forward stance	Zenkutsu Dachi
Open-Leg stance	Soto Hachiji Dachi
Square stance	Shiko Dachi
Straddle stance	Naifanchi Dachi

BLOCKS

Lower block	Harai Uke
Outside centre block	Yoko Uchi Uke
Rising/Upper block	Age Uke

HAND TECHNIQUES

Lunge punch	Oi Tsuki
Reverse punch	Gyaku Tsuki
Straight punch	Choku Tsuki

LEG TECHNIQUES

Front snap kick	Mae Geri
Roundhouse kick	Mawashi Geri
Side thrust kick	Yoko Geri Kekomi

KATA

Kihon Kata Ichi