

10th Kyu Level

1	Migi-hanmi-Kamae
2	Hidari-hanmi-Kamae
3	Seiza-ho
4	Shikko-ho
5	Zenpokaiten-Ukemi
6	Koho-Ukemi
7	Kamae-niyoru-Atemi / Seven basic attacks (Tateken, Tsuki, Shomen-zuki, Uraken-uchi, Shomen-geri, Yokomen-geri, Yoko-geri)
8	Shumatsu-dosa (1)
9	Shumatsu-dosa (2)
10	Katate-mochi Shiho-nage (1)