

7th Kyu (Orange Belt)



UKE WAZA (BLOCKS)

Gedan Barai-Gyakuzuki----Lower Block/Sweep & Reverse Punch

Age-uke-Gyakuzuki-----Rising Block & Reverse Punch

Uchi-uke-Gyakuzuki-----Inside Block & Reverse Punch

Soto-uke- Gyakuzuki-----Outside Block & Reverse Punch

(Three of each)

ZUKI WAZA (PUNCHES)

Oi-zuki-----Lunge Punch

Gyakuzuki-----Reverse Punch

(Three of each, also going backwards)

KERI WAZA (KICKS)

Mae-geri keage-----Front Kick

Mawashi-geri-----Roundhouse Kick

Yoko-geri-sokuto-kekomi-----Side Kick/Edge of foot/Thrust Kick

(All the above in Zenkutsu-dachi -----Front Stance)

Yoko-geri-sokuto kekomi-----Side Kick Thrust/edge of foot

Yoko-geri-sokuto keage-----Side Kick Snap.

(The above in Kiba-dachi-----Side Stance)

(Three of each)

KATA

Taikyoku – Shodan

Taikyoku – Sandan

New- Heian Shodan

KUMITE (Sparring)

Sambon-Kumite-----Three Step.