

## 8<sup>th</sup> Kyu (Yellow Belt)



### UKU WAZA (BLOCKS)

Gedan Barai----Lower Block/Sweep  
Age-uke-----Rising Block  
Uchi-uke-----Inside Block  
Soto-uke-----Outside Block  
(Three of each)

### ZUKI WAZA (PUNCHES)

Oi-zuki-----Lunge Punch  
Gyakuzuki-----Reverse Punch  
(Three of each)

### KERI WAZA (KICKS)

Mae-geri keage-----Front Kick  
Mawashi-geri-----Roundhouse Kick  
Yoko-geri-sokuto-keage-----Side Kick/Edge of foot/Snap Kick  
Yoko-geri – Kekomi-----Side Kick/Edge of foot/Thrust Kick.  
(Kiba-dachi-----Side Stance)  
(Three of each)

### KATA

Taikyoku – Shodan  
Taikyoku - Sandan

### KUMITE (Sparring)

Gohan-kumite-----Five Step.