

7th Kyu - Yellow Belt

- 1) Must have trained at least 15 sessions for adults, or 25 sessions for juniors, since passing 8th kyu exam.
- 2) Must have stable body balance with good techniques.

Test Fee - \$20.00

KIHON WAZA	Basic Techniques
Kiba-zuki	Horse stance and punch
	(1)Jodan -face level
	(2)Chudan -stomach level
Gyaku-zuki to uke	Reverse punch and block
Mae-geri	Front kick
Yoko-geri keage	Side snap kick
Kokutsu-dachi, shuto-uke	Back stance, knife hand block
Ido Kihon Waza	Basic Moving Techniques
Oi-zuki, to sono-uke, gyaku-zuki	Moving forward lunge punch; going back, block and reverse punch
Mae-geri to sono-uke, gyaku-zuki	Moving forward front kick; going back, block and reverse punch
Mae-gen, jodan-zuki to sono-uke, gyaku-zuki	Front kick, face punch; going back, block and reverse punch
Kiba-dachi, Yoko-geri, keage	Horse stance, feet together Side snap kick
Jodan-chudan niren zuki to sono-uke, gyaku-zuki	Face and stomach punch; going back, block and reverse punch
KATA	
Happo-geri	
Heian Nidan	
Kumite	
Kihon Ippon	1 step fighting
Shiai Kumite	tournament style fighting