

## 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

<b>KIHON WAZA</b>	<b>Basic Techniques</b>
Kiba-zuki (1)Jodan (2)Chudan	Horse stance and punch-face level, -stomach level
Gyaku-zuki to uke	Reverse punch and block
Mae-geri	Front kick
Yoko-geri Keage (Heisoku-dachi)	Side snap kick (closed feet stance)
Kokutsu-dachi, shuto-uke	Back stance, knife hand block
<b>Ido Kihon Waza</b>	<b>Basic Moving Techniques</b>
Oi-zuki, to sono-uke, gyaku-zuki	Moving forward lunge punch; going back, block and reverse punch
Jodan-chudan niren zuki to sono-uke, gyaku-zuki	Face and stomach 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, Yori ashi, Yoko-geri, keage	Horse stance, feet together Side snap kick
<b>KATA</b>	
Happo-geri	
Heian Nidan (with bunkai)	
<b>Kumite</b>	
Kihon Ippon	1 step fighting
Shiai Kumite	tournament style fighting
<b>Ukemi</b>	from standing, back, left, right, front breakfall, front shoulder roll, from standing-both sides
<b>Throws</b>	Inner and outer Reaping Throws, 1 leg take down