

Gima International Karatedo Federation

8th Kyu - White Belt

- 1) Must have trained at least 10 sessions for adults, or 15 sessions for juniors, since passing 9th kyu exam.
- 2) Must understand the basic techniques.
- 3) Must demonstrate the correct kata sequences.

Test Fee \$15.00

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
IDO KIHON WAZA	Moving Techniques
Oi-zuki Jodan, from zenkutsu dachi, to Sono-uke(Age), gyaku-zuki	Moving forward lunge punch; going back, rising block and reverse punch
Oi-zuki chudan from zenkutsu dachi to Sono-uke(soto), gyaku-zuki	Moving forward lunge punch; going back, outside block and reverse punch
Oi-zuki chudan, from zenkutsu dachi to Sono-uke(uchi), gyaku-zuki	Moving forward lunge punch; going back, inside block and reverse punch
Mae-geri, from jiyu kamae, to sono-uke (gedan barai, gyaku-zuki)	Moving forward front kick; going back, down block and reverse punch
KATA	
Happo-geri	
Heian Shodan with bunkai	
Kumite	
Kihon Ippon	1 step sparring, both sides
	2 face punches, 2 stomach punches (2X), 2 front kicks - all with appropriate blocks and reverse punch
Ukemi	from sitting, back, left, right, add front breakfall, front shoulder roll, from 1 kneel up-both sides