

**7th Kyu - Yellow Belt****Kihon (Basics):**

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

- 1 **Jodan Oi Zuki (Stepping Punch Head Level)**
- 2 **Chudan Gyaku Zuki (Reverse Punch Mid-Level)**
- 3 **Jodan Oi Zuki (Stepping Punch Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)**
- 4 **Kizami Zuki (Snap Punch) [Stepping forward]**
- 5 **Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance)**
- 6 **Chudan Mae Geri (Front Kick - Mid Level), Jodan Oi Zuki (Stepping Punch Head Level)**
- 7 **Chudan Yoko Geri Keagi - Kibi Dachi (Mid level Side Snap Kick in Straddle Stance).**
- 8 **Chudan Yoko Geri Kekomi - Kibi Dachi (Mid level Side Thrust Kick in Straddle stance).**

**Combinations:**

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

- 1 **Sanbon Zuki -Jodan, Chudan, Chudan (Stepping Punch Head Level, Punch Mid-Level, Punch Mid-Level)**
- 2 **Age Uke (Rising Block Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level)**
- 3 **Soto Uke (Outside Block Mid-Level), Yoko Enpi Uchi- Kiba Dachi (Side Elbow Strike - Straddle Stance)**
- 4 **Uchi Uke (Inside Block Mid-Level), Kizami Zuki (Snap Punch - Same Arm), Chudan Gyaku Zuki (Reverse Punch Mid-Level)**
- 5 **Gedan Beri (Lower Block Lower-Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level)**
- 6 **Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance), Gyaku Nukite- Zenkutsu Dachi (Reverse Spear Hand Strike in Front Stance)**
- 7 **Chudan Mae Geri (Front Kick - Mid Level), Jodan Oi Zuki (Stepping Punch Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)**
- 8 **Chudan Yoko Geri Kekomi (Mid level Side Thrust Kick), Chudan Gyaku Zuki (Reverse Punch Mid-Level)**

**Kata:****Heian Nidan**

**Examiners choice of: Heian Shodan, Taikyoku Shodan**

**Kumite:**

**Ippon Kumite (1 Step Sparring)**

**Punches the attacker starts from Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).**

**Kicks the attacker starts from Ryo-Gedan Beri - Hidari Zenkutsu Dachi (Double Lower Block in Left Front Stance).**

**Defender starts from Shizen tai (Natural Stance)**

**Kai - on Attack and Counter.**

**A variety of hand and leg techniques should be used in the counters. Finishing on a kick or snap technique is not permitted. The same block and counter should not be repeated on the same side.**

**Both students should complete the Jodan sequence before moving to the next attack.**

**Attack**

**Jodan Oi Zuki - Hidari (Left) x 2, Migi (Right) x 2**

**Chudan Oi Zuki - Hidari (Left) x 2, Migi (Right) x 2**

**Chudan Mae Geri - Hidari (Left) x 2, Migi (Right) x 2**

**Defence**

**Hidari (Left) x 2, Migi (Right) x 2**

**Hidari (Left) x 2, Migi (Right) x 2**

**Hidari (Left) x 2, Migi (Right) x 2**