

8th Kyu - Orange 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 Oi Zuki (Stepping Punch Mid-Level)
3. Age Uke (Rising Block Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
4. Soto Uke (Outside Block Mid-Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
5. Uchi Uke (Inside Block Mid-Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
6. Gedan Beri (Lower Block Lower-Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
7. Chudan Mae Geri (Front Kick - Mid Level)
8. Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance)
9. Chudan Yoko Geri Kekomi - Kibi Dachi (Mid level Side Thrust Kick in Straddle stance).
10. Jodan Yoko Geri Keage - Kibi Dachi (Upper level Side Snap Kick in Straddle stance).

Kata:

Heian Shodan and Taikyoku Shodan.

Kumite:

Go Ippon Kumite (5 Step Sparring)

Attacker starts from Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

Defender starts from Shizen tai (Natural Stance)

Kai - on 5th Attack and 5th Defence on Gyaku Zuki (Reverse Punch) Counter.

Attack

Jodan Oi Zuki

Chudan Oi Zuki

Chudan Oi Zuki

Chudan Mae Geri

Defence

Age Uke

Soto Uke

Uchi Uke

Gedan Beri