



7th Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai in Zenkutsu Dachi:

1. Chudan Oi Tsuki x 5 Forward Steps
2. Jodan Age Uke x 5 Backward Steps
3. Chudan Soto Uke x 5 Forward Steps

From Shuto Uke in Kokutsu Dachi:

4. Shuto Uke x 5 Backward Steps

From Gedan Barai in Zenkutsu Dachi:

5. Chudan Uchi Uke x 5 Forward Steps
6. Gedan Barai x 5 Backward Steps

From Jiyu no kamae in Zenkutsu Dachi:

7. Chudan Mae Geri x 5 Forward Steps

Mawatte Gedan Gamae (Turning with Groin Block). From Jiyu no kamae in Zenkutsu Dachi:

8. Mawashi Geri x 5 Forward Steps

Mawatte Kiba Dachi (Turning into Horse/Side Stance):

9. Yoko Geri Keage x 3 Steps & Return
10. Yoko Geri Kekomi x 3 Steps & Return

Kata

Heian Nidan

Kumite

Gohon Kumite (Basic 5 Step)

(Jodan Oi Tsuki, Chudan Oi Tsuki, Chudan Mae Geri)

Minimum Requirements

3 months, 24 lessons.

The Examiners

Examiners look predominantly for correct basic form with an improvement of quality in stance, speed and power, rotation of hips and clear grasp of hand techniques.