



7th Kyu – Orange Belt Test.

Minimum 6 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (<i>Front Punch</i>)
Kette Junzuki (<i>Kick - Front Punch</i>)
Junzuki Tsukkomi (<i>Leaning Punch to the Head</i>)
Sonoba Ippon Toru (<i>Reverse Punch on the spot</i>)
Gyakuzuki Chudan (<i>Reverse Punch Body</i>)
Kette Gyakuzuki (<i>Kick - Reverse Punch Body</i>)
Uraken Jodan (<i>Back Fist to the Head</i>)
Mawashigeri Chudan (<i>Round Kick Body</i>)
Sokuto Chudan (<i>Side Kick Body</i>)

UKE WAZA – BLOCKS

Jodan Uke (<i>Head Block</i>)
Gedan Barai (<i>Lower Block</i>)
Soto Uke (<i>Outer Block</i>)
Uchi Uke (<i>Inner Block</i>)

RENRAKU WAZA - SHORT COMBINATIONS

Surikomi Maegeri Chudan - Kiai (<i>One Step Front Kick To The Body - Shout</i>)

RENRAKU WAZA – LONG COMBINATIONS

Maegeri Chudan – Mawashigeri Chudan – Sokuto Chudan – Gyakuzuki Chudan – Kiai (<i>Front Kick Body – Round Kick Body – Side Kick Body – Reverse Punch Body – Shout</i>)
Surikomi Maegeri Chudan – Sokuto Chudan – Uraken Jodan – Gyakuzuki Chudan – Kiai (<i>One Step Front Kick Body – Side Kick Body – Back Fist to The Head – Reverse Punch Body – Shout</i>)
Tobikomizuki Jodan / Gyakuzuki Chudan – Surikomi Sokuto Chudan- Gyakuzuki Chudan - Kiai (<i>Skip Jab Punch to the Head / Reverse Punch to the Body – One Step Side Kick Body – Reverse Punch to the Body - Shout</i>)

GRADE KATA (*The Student Must Complete This Kata*).

Pinan Shodan

SELF DEFENCE

1 From a Punch.
1 From a Kick.

NOTES - COMMENTS.