



8th Kyu – Yellow Belt Test.

Minimum 3 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

	Junzuki Chudan (<i>Front Punch To the Body</i>)
	Junzuki Tsukkomi (<i>Leaning Punch to the Head</i>)
	Sonoba Ippon Toru (<i>Change To Reverse Punch on the Spot</i>)
	Gyakuzuki Chudan (<i>Reverse Punch Body</i>)
	Maegeri Chudan (<i>Front Kick Body</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>)

RENRAKU WAZA – COMBINATIONS

	Maegeri Chudan – Gyakuzuki Chudan – Kiai (<i>Front Kick Body – Reverse Punch Body – Shout</i>)
	Maegeri Chudan – Mawashigeri Chudan – Sokuto Chudan – Kiai (<i>Front Kick Body – Round Kick Body – Side Kick Body – Shout</i>)

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

	Pinan Nidan
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SELF DEFENCE

	1 From a Grab.
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NOTES - COMMENTS.