



## 7th Kyu - Orange Belt

### **Kihon, Tsuki & Keri (Basic Techniques)**

1. Junzuki
2. Junzuki No Tsukkomi.
3. Gyakuzuki
4. Gyakuzuki No Tsukkomi.
5. Sokuto Chudan.

### **Renraku Waza (Combination Techniques)**

1. Maegeri - Mawashigeri - Gyakuzuki.
2. Surikomi Maegeri - Mawashigeri - Gyakuzuki.

### **Kata (Form)**

- Pinan Nidan
- Pinan Shodan

### **Ohyo Gumite (Semi-Free Fighting)**

- Ipponme (1)