



8th Kyu - Yellow Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Junzuki turn in Jodan Uke (Straight punch, head block L & R).
2. Gyakuzuki turn in Gedan Barai (Opposite punch, rear block L & R)
3. Maegeri (Front Kick).
4. Surikomi Maegeri (One step front kick).
5. Mawashigeri (Roundhouse kick).

Renraku Waza (Combination Techniques)

1. Maegeri Chudan - Tobikomizuki (Front kick - snap punch).
2. Surikomi Maegeri - Tobikomizuki (One step front kick - snap punch).
3. Maegeri Chudan - Gyakuzuki (Front kick - opposite punch).
4. Surikomi Maegeri - Gyakuzuki (One step front kick - opposite punch).

Kata (Form)

1. Pinan Nidan