

7th KYU

(Orange Belt)

KIHON

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
1	Zenkutsu Dachi	Gedan Barai		
a)		Oi Zuki	Fwd/Back	3
b)		Gyaku Zuki	Fwd/Back	3
c)		Ren Zuki	Fwd/Back	3
d)		Age Uke / Gyaku Zuki	Fwd/Back	3
e)		Uchi Uke / Gyaku Zuki	Fwd/Back	3
f)		Soto Uke / Gyaku Zuki	Fwd/Back	3
g)		Gedan Barai / Gyaku Zuki	Fwd/Back	3
h)	Kokutsu Dachi	Shuto Uke		
i)		Shuto Uke	Fwd/Back	3
2	Zenkutsu Dachi	Gedan Barai / Kamae-Te		
a)		Mae Geri		3
3	Kiba Dachi	Gedan Barai / Kamae-Te		
a)		Yoko Geri Keage		3
4	Zenkutsu Dachi	Gedan Barai / Kamae-Te		
a)		Mawashi Geri		3
5	Zenkutsu Dachi	Gedan Barai		
a)		Tate Empi Uchi	Fwd/Back	3
b)		Otoshi Tetsui Uchi	Fwd/Back	3
c)		Yoko Uraken Uchi	Fwd/Back	3
6	Zenkutsu Dachi	Gedan Barai		
a)		Gyaku Soto Shuto Uchi	Fwd/Back	3
b)		Gyaku Haito Uchi	Fwd/Back	3
c)		Gyaku Keito Uchi	Fwd/Back	3

ビルキルカラ

空手

道場

KUMITE

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
1		Sanbon Kumite	Jodan / Chudan / Gedan	
2		Kihon Ippon Kumite		
a)	Zenkutsu Dachi	Jodan Zuki	Jodan	
b)		Chudan Zuki	Chudan	
c)		Mae Geri	Chudan	
d)		Mawashi Geri	Chudan	

KATA

- a) Taikyoku Shodan
- b) Taikyoku Nidan
- c) Taikyoku Sandan
- d) Fu Kyu Kata Ichi
- e) Heian Shodan
- f) Heian Nidan

ビル
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