

# 8<sup>th</sup> KYU

(Yellow 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
2	Zenkutsu Dachi	Gedan Barai		
a)		Age Uke / Gyaku Zuki	Fwd/Back	3
b)		Uchi Uke / Gyaku Zuki	Fwd/Back	3
c)		Soto Uke / Gyaku Zuki	Fwd/Back	3
d)		Gedan Barai / Gyaku Zuki	Fwd/Back	3
3	Kokutsu Dachi	Uchi Uke		
a)		Uchi Uke	Fwd/Back	3
b)		Shuto Uke	Fwd/Back	3
4	Zenkutsu Dachi	Gedan Barai / Kamae-Te		
a)		Mae Geri		4
5	Kiba Dachi	Gedan Barai / Kamae-Te		
a)		Yoko Geri		4
6	Zenkutsu Dachi	Gedan Barai / Kamae-Te		
a)		Mawashi Geri		4
7	Zenkutsu Dachi	Gedan Barai		
a)		Tate Empi Uchi	Fwd/Back	3
b)		Yoko Uraken Uchi	Fwd/Back	3
c)		Otoshi Tetsui Uchi	Fwd/Back	3

ビルキルカラ

空手

道場

## KUMITE

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
8		Sanbon Kumite		
a)	Zenkutsu Dachi	Jodan Zuki – Age Uke / Gyaku Zuki	Jodan	3
b)	Zenkutsu Dachi	Chudan Zuki – Soto Uke / Gyaku Zuki	Chudan	3
c)	Zenkutsu Dachi	Chudan Zuki – Uchi Uke / Gyaku Zuki	Chudan	3
d)	Zenkutsu Dachi	Gedan Zuki -- Gedan Barai / Gyaku Zuki	Gedan	3

## KATA

- a) Taikyoku Shodan
- b) Taikyoku Nidan
- c) Taikyoku Sandan
- d) Heian Shodan

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