

7th KYU

(Orange Belt)

ビルキルカラ

KIHON

Zenkutsu Dachi / Gedan Barai

- | | | |
|---|-----|---------|
| • Gyaku Zuki | F | 3 times |
| • Ren Zuki | F | 3 |
| • Age Uke / Gyaku Zuki | F/B | 3 |
| • Uchi Uke / Gyaku Zuki | F/B | 3 |
| • Soto Uke / Gyaku Zuki | F/B | 3 |
| • Gedan Barai / Gyaku Zuki | F/B | 3 |
| • Sanbon Zuki (same hand/leg start) (J/C/C) | F | 3 |
| • Sanbon Zuki (start in Gyaku zuki) (C/J/C) | F | 3 |

Kokutsu Dachi // Zenkutsu Dachi // Kokutsu Dachi

- | | | |
|------------------------------------|-----|---|
| • Shuto Uke // Nukite // Shuto Uke | F/B | 3 |
|------------------------------------|-----|---|

Kiba Dachi

- | | | | |
|--------------------|---------------|------------|---|
| • Yoko | Empi Oikomi | Left/Right | 3 |
| • Yoko | Empi Surikomi | Left/Right | 3 |
| • Yoko Geri Keage | Surikomi | Left/Right | 3 |
| • Yoko Geri Kekomi | Surikomi | Left/Right | 3 |

Zenkutsu Dachi

- | | | |
|---------------------------------|---|---|
| • Maegeri / Gyaku Zuki | F | 3 |
| • Yoko Geri Kekomi / Gyaku Zuki | F | 3 |
| • Mawashi Geri / Gyaku Zuki | F | 3 |

Uchi Waza

- | | | |
|-----------------------|---|---|
| • Tate Empi Uchi | F | 3 |
| • Yoko Uraken Uchi | F | 3 |
| • Otoshi Tettsui Uchi | F | 3 |

Gyaku Hanme (Zenkutsu Dachi)

- | | | |
|-------------------------|---|---|
| • Gyaku Soto Shuto Uchi | F | 3 |
| • Gyaku Haito Uchi | F | 3 |
| • Gyaku Keito Uchi | F | 3 |

KATA

- Taikyoku Shodan
- Taikyoku Nidan
- Taikyoku Sandan
- Fu Kyu Kata Ichi
- Heian Shodan
- Heian Nidan
- Jo No Kata

空手道場

KUMITE KIHON IPPON

- | <u>Attack:</u> | <u>Block:</u> |
|----------------|--|
| • Jodan | Age Uke / Gyaku Zuki / Uraken |
| • Jodan | 45° to left Age Uke / Mae Ashi Mawashi Geri / Gyaku Zuki |
| • Jodan | 45° to right Tate Shuto Uke / Gyaku Zuki / Kizami Zuki |
| • Chudan | Soto Uke / Renzuki |
| • Chudan | 45° to left Uchi Uke/ Renzuki |
| • Chudan | 45° to right Shuto Uke / Kizami Geri / Nukite / Ren Shuto Uchi |
| • Maegeri | Gedan Barai / Renzuki |
| • Maegeri | 45° to left Gedan Barai / Renzuki |
| • Maegeri | 45° to right Gedan Barai / Renzuki |

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