

8th KYU

(Yellow Belt)

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KIHON

Zenkutsu Dachi / Gedan Barai

• Oi zuki Jodan	Forward/Back	3 times
• Oi zuki Chudan	F/B	3
• Oi zuki Gedan	F/B	3
• Sanbon zuki Jodan / Chudan / Gedan	F	3
• Gyaku zuki	F	3
• Renzuki	F/B	3

Zenkutsu Dachi / Gedan Barai (*Renraku waza*)

• Age Uke, Gyaku Zuki	F	3
• Uchi Uke, Gyaku Zuki	F	3
• Soto Uke, Gyaku Zuki	F	3
• Gedan Barai, Gyaku Zuki	F	3

Kokutsu Dachi

• Shuto Uke	F/B	3
• Uchi Uke	F/B	3

Kiba Dachi

• Yoko Geri Keage – Surikomi	Sideways (both sides)	4
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Zenkutsu Dachi

• Maegeri	F	4
• Mawashi Geri	F	4

UCHI WAZA (Zenkutsu Dachi)

• Tate Empi Uchi		4
• Yoko Uraken Uchi		4
• Otoshi Tettsui Uchi		4

KUMITE

SANBON KUMITE (LEVEL 1)

• Jodan Zuki – Age Uke – Gyakuzuki		3
• Chudan Zuki – Soto Uke – Gyakuzuki		3
• Gedan Zuki – Gedan Barai – Gyakuzuki		3

SANBON KUMITE (LEVEL 2)

• ATTACK:	Jodan / Chudan / Gedan	
• COUNTER:	Age Uke / Soto Uke / Gedan Barai / Gyakuzuki	

空
手
道
場

KATA

- Taikyoku Shodan
- Taikyoku Nidan
- Fukyu Kata Ichi
- Heian Shodan
- Jo No Kata

PHYSICAL / ORAL EXERCISES

- Slalom
- Sprint
- Flat ladder step
- Forward Roll
- The numbers **1 – 10** in Japanese (*Itchi, Ni, San, Shi, Go, Rocku, Shichi, Hachi, Ku, Ju*)
- Words **Left / Right** in Japanese (*hidari, migi*)

ビルキルカラ

空手道場

