

## 7<sup>TH</sup> KYU - YELLOW BELT

### BASICS

<u>No</u>	<u>Technique</u>	<u>Stance</u>	<u>Procedure</u>
5	Gyaku Zuki	Zenkutsu	On the spot
5	Oi Zuki	Zenkutsu	Forward turn the same back
5	Age Uke	Zenkutsu	Forward and stepping back
5	Soto Ude Uke	Zenkutsu	Forward and stepping back
5	Uchi Uke	Zenkutsu	Forward and stepping back
5	Shuto Uke	Kokutsu	Forward and stepping back
5	Gedan Barai	Zenkutsu	Forward and stepping back
5	Uraken Uchi	Zenkutsu	Forward turn the same back
5	Mae Geri	Zenkutsu	Forward turn the same back
5	Yoko Geri Keage	Kiba Dachi	Forward turn the same back
5	Uraken	(from Jiyu Dachi)	

### KUMITE

Go Hon Kumite      Jodan & Chudan

### KATA

Taikyoku Shodan      See pages 89 - 94

-      No count