



## 7th Kyu grading - yellow belt

*\* new to this grade*

**KIHON** (basics) no count

*oi-zuki chudan x 5*

*gyaku-zuki chudan x 5*

*age-uke, gyaku-zuki x 5 \**

*soto-uke, gyaku-zuki x 5\**

*uchi-uke, gyaku-zuki x 5\**

*shuto-uke (kokutsu-dachi), nukite (zenkutsu-dachi) x 5 \**

**Keri-waza** (kicking techniques)

*mae-geri chudan x 5*

*mae-geri jodan x 5 \**

*yoko-geri keage (kiba-dachi) x 3*

*yoko-geri kekomi (kiba-dachi) x 3 \**

**KUMITE** (partner work) *sanbon-kumite (3-step) \**

*sanbon-kumite no.1*

*jodan oi-zuki - chudan oi-zuki - gedan oi-zuki*  
*// age uke - soto-uke - gedan-barai - gyaku-zuki*

*sanbon-kumite no.2*

*jodan oi-zuki - chudan oi-zuki - mae-geri*  
*// age uke - uchi-uke - gyaku gedan-barai (same arm) - jodan kizami-zuki,*  
*chudan gyaku-zuki*

**KATA** (form)

*Heian Nidan \**



## 7th Kyu grading - word list

<b>Jodan</b>	<i>Upper level</i>
<b>Chudan</b>	<i>Middle level</i>
<b>Gedan</b>	<i>Lower level</i>
<b>Zenkutsu-dachi</b>	<i>Front stance</i>
<b>Kokutsu-dachi</b>	<i>Back stance</i>
<b>Kiba-dachi</b>	<i>Horse-riding stance</i>
<b>Oi-zuki</b>	<i>Stepping punch (same side as leading leg)</i>
<b>Gyaku-zuki</b>	<i>Reverse punch (opposite to leading leg)</i>
<b>Kizami-zuki</b>	<i>Leading jab punch</i>
<b>Nukite</b>	<i>Spear hand</i>
<b>Age-uke</b>	<i>Rising block</i>
<b>Soto-uke</b>	<i>Outside block</i>
<b>Uchi-uke</b>	<i>Inside block</i>
<b>Shuto-uke</b>	<i>Knife-hand block</i>
<b>Gedan-barai</b>	<i>Lower-level block (sweep)</i>
<b>Mae-geri</b>	<i>Front kick</i>
<b>Yoko-geri</b>	<i>Side kick</i>
<b>Keage</b>	<i>Snap</i>
<b>Kekomi</b>	<i>Thrust</i>