



7. KYU

Kihon: In Zenkutsu dachi/Fudo dachi -> Oi tsuki - Jo / Ch. -> Gyaku tsuki - Jo / Ch. <-> Age uke <-> Soto uke <-> Uchi uke <-> Shuto uke <-> Gedan uke -> Mae Geri - Kekomi / Keage [] Yoko Geri - Kekomi / Keage -> Sanbon tsuki -> Mawashi geri - Jo / Ch. [] Empi	In Neko ashi dachi <- Age uke <- Soto uke <- Uchi uke <- Gedan uke <- Shuto uke <- Empi	In Kokutsu dachi <- Age uke <- Soto uke <- Uchi uke <- Gedan uke <- Empi
<ul style="list-style-type: none">- From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.- Turn around and move forward with gyaku-zuki.- Make gedan-barai and move backward with age-uke/gyaku-zuki.- Turn around and move backward with chudan-soto-uke/gyaku-zuki. -Turn around and change to kokutsu-dachi and move backward with chudan shuto-uke.- Change to zenkutsu-dachi gedan-barai and move forward with maegeri.- Turn around and step into kiba-dachi.- From kiba-dachi move sideways with yoko-keage and return in the same way but using the other leg to kick. - The same for yoko-kekomi		
Renraku : In Fudo dachi/Zenkutsu dachi <- Age uke - gyaku tsuki <- Soto uke - gyaku tsuki <- Uchi uke - gyaku tsuki <- Gedan uke - gyaku tsuki <- Shuto uke - gyaku nukite		
Kata: <ul style="list-style-type: none">- Taikioku I- Heian I + II- Heian III (count)		
Kumite: Kihon Gohon Kumite: - Jo / Ch / Ge Kihon Sambon : - Jo 3x / Ch 3x - Jo / Ch/ Mae geri Kihon Ippon : - Jo / Ch / Mae geri.	Kumite (sparring) - (both sides, by count) 3 steps - Jodan - Chudan - Maegeri (no blocking)	