

ORANGE BELT 7th Kyu (Nanakyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

KATA

- Heian Nidan

KUMITE

- Sanbon Kumite

Numbers 1 and 2 (Hidari - left leg forward)