

YELLOW BELT 8th Kyu (Hachikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

KATA

- Heian Shodan KUMITE
- Gohon Kumite Jodan and Chudan (Hidari - left leg forward)