



Green Belt 7th Kyu



1 - SONABA KIHON: (Basic Techniques on the spot)

Shiko Dachi

Nido (Punch Twice) Sonoba Zuki – **1.1**-Jodan, Chudan **1.2**- Chudan, Jodan **1.3**-Gedan, Naname (Punch, Head, Body, Lower Abdomen, Diagonally)

Nido (Block, Punch) **1.4**-Jodan Uke, Chudan Zuki **1.5**-Gedan Barai, Chudan Zuki **1.6**- Gaiwan Uke, Chudan Zuki **1.7**-Naiwan Uke, Chudan Zuki (Block, Upper, Lower, Middle followed by Body Punch)

2 - SONABA KEKAESHI KERI WAZA: (Double Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)

2.1- Kekaeshi Maegeri - Mawashigeri, (Front – Side), **2.2**- Kekaeshi Mawashigeri – Sokutogeri, (Side – Thrust), **2.3**- Kekaeshi Maegeri – Ushirogeri, (front Back), **2.4**- Kekaeshi Sokutogeri – ushirogeri, (Thrust – Back)

3 - AYUMI ASHI KIHON: (Basic techniques stepping forward)

Junzuki Dachi (Forward Punching Stance) **3.1**- Chudan Zuki, **3.2**- Jodan Uke, **3.3**- Gedan Barai, **3.4**- Gaiwan Uke, **3.5**- Naiwan Uke (Moving Forwards, Body Punch, Blocking Upper, Lower, Middle)

3.6- Gyakuzuki (Forward Reverse Punch)

3.7- Ayumi Ashi Shiko Dachi, Nukite Gedan

3.8- Shuto Uke – Mahanmi Neko Ashi Dachi (Knife Hand Block in Back Stance)

Hanmi Gamae, (Fighting Stance), **3.9**- Tobi Maegeri, (Jump Front Kick), **3.10**- Tobi Mawashigeri (Jump Side Kick)

4 - OYO WAZA: (Pair Work)

4.1a- Number Five – **Tori Mi**: Shuto Uke Kaeshi Shuto Uchi followed by Gyakuzuki Chudan (Knife Hand Block, Strike then Reverse Punch)

4.1b- **Uki Mi**: Junzuki Jodan. (Straight punch to partner’s face)

4.2a- Number Six – **Tori Mi**: Gyaku Jodan Gaiwan Uke, Tsugi Ashi Shuto Uchi, Hiza Geri (Reverse Jodan Block followed by Knife Hand Strike then Knee Strike)

4.2b- **Uki Mi**: Junzuki Jodan. (Straight punch to partner’s face)

5 - KATA: (Sequence of Techniques with Form)

5.1- Pinan Nidan and **5.2**- Pinan Shodan

6 - JI YU KUMITE: (Free Fighting) Two Exchanges

7 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

8 - TAMESHIWARI: Break the Blue Board



ALL OF OUR GRADES ARE
NATIONALLY RECOGNISED

