

To Achieve **White Orange/ Orange Belt** 8th Kyu



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

Shiko Dachi/ (Horse Riding Stance)

Nido Zuki/ (Punch Twice), – **1.1** - Jodan/ (High), **1.2** - Chudan/ (Body), **1.3** - Gedan/ (Lower Abdomen) Nido Uke/ (Block Twice), **1.4** - Jodan Uke/ (High), **1.5** - Gedan Barai/ (Lower Abdomen), **1.6** - Gaiwan Uke/ (Outside), **1.7** - Naiwan Uke / (Inside)

2 - SONABA NIDO GERI WAZA: (Double Kicking Techniques on the spot)

Jigo Tai/ (Feet apart at Shoulder Width)

Nido Geri (Kick Twice), **2.1** - Sonoba Maegeri/ (Front), **2.2** - Mawashigeri/ (Side), **2.3** - Sokutogeri/ (Thrust), **2.4** - Ushirogeri/ (Back)

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

Junzuki Dachi/ (Forward Punching Stance), **3.1** - Chudan Zuki/ (Punch), **3.2** - Jodan Uke/ (High), **3.3** - Gedan Barai/ (Lower Abdomen), **3.4** - Gaiwan Uke/ (Outside), **3.5** - Naiwan Uke/ (Inside), **3.6** - Gyakuzuki/ (Forward Reverse Punch), **3.7** - Ayumi Ashi Shiko Dachi, Nukite Gedan/ (Horse Riding Stance, Lower Abdomen Spear), **3.8** - Hanmi Gamae, Ayumi Ashi Maegeri/ (Fighting Stance, Stepping forward, front kick), **3.9** - Hanmi Gamae, Ayumi Ashi Mawashigeri/ (Fighting Stance, Stepping forward, side kick)

4 - OYO WAZA: (Pair Work)

4.1a - Number Three – **Tori Mi:** Otoshi Uke Kaeshi Jodan Zuki followed by Mawashigeri Chudan/ (Hammer Fist Block, Punch to partner's face followed by Side Kick to partner's body)

4.1b - **Uki Mi:** Junzuki Chudan/ (Straight punch to partner's body)

4.2a - Number Four – **Tori Mi:** Chudan Nagashi Uke followed By Gyakuzuki Jodan/ (Parry Block then Reverse Punch)

4.2b - **Uki Mi:** Maegeri Chudan/ (Forward Kick to partner's body)

5 - KATA: (Sequence of Techniques with Form)

5.1 - Kihon Gata **5.2** - Pinan Nidan

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

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

8 - TAMESHIWARI: Break the Board (Yellow)

Please remember your behaviour and attitude will be assessed during the grading examination.

