



7th KYU - YELLOW BELT

Commands during this examination will be given in English

BASICS

No	Technique	Stance	Procedure
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn the same back
5	Age Uke (upper rising block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Uraken Uchi (backfist strike)	Zenkutsu	Forward turn and the same back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Shuto Uke (knife hand block)	Kokutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage (side snap kick)	Kiba	Forward turn the same back
3	Yoko Geri Kekomi (side thrust kick)	Kiba	Forward turn the same back

KUMITE

Sanbon Kumite **Jodan, Chudan and Mae Geri attacks**
Juniors to count and Seniors no count

KATA

Heian Nidan Full Grade Juniors and Seniors no count
Intermediate grades to count up to first Kiai (half Kata)

Plus any previous Kata (no count)