



7th Kyu

No	KIHON WAZA	BASIC TECHNIQUES
1	Junzuki No Tsukkomi – Mawate Jodan Uke	Lunge punch with stretch (face), turn in upper block (with hand on the hip)
2	Gyakuzuki No Tsukkomi – Mawate Gedan Barai	Lunge opposite punch with stretch (lower body), turn in lower block (with hand twisting)
3	Sokuto Fumikomi	Stamping kick with edge of foot (knee height)
4	Surikomi Sokuto Chudan	One step stamping kick with edge of foot (body)
No	RENRAKU WAZA	COMBINATION TECHNIQUES
1	Maegeri -Tobikomizuki – Gyakuzuki	Front kick (body), snap punch (face), opposite punch (body)
2	Surikomi Maegeri - Tobikomizuki – Gyakuzuki	One step front kick (body), snap punch (face), opposite punch (body)
3	Maegeri – Mawashigeri – Gyakuzuki	Front kick (body), roundhouse kick (body), opposite punch (body)
4	Surikomi – Maegeri – Mawashigeri – Gyakuzuki	One step front kick (body), roundhouse kick (body), opposite punch (body)
No	UKE WAZA SANBON GUMITE	PREARRANGED SPARRING TECHNIQUES
1	Chudan Soto Uke – Maegeri Gyakuzuki	Middle outer block (body) + Grab, front kick (ribs/back), opposite punch (ribs/back)
2	Chudan Uchi Uke - Empi	Middle inner block (body), elbow strike (ribs)
3	Chudan Maegeri Uke - Ipponme – Gyakuzuki	Kick block 1 (Attack left, defence left)

4	Chudan Maegeri Uke - Nihonme – Gyakuzuki	Kick block 2 (Attack left, defence right)
No	KATA	FORM
1	Pinan Nidan	Pinan Nidan