



8th Kyu

No	KIHON WAZA	BASIC TECHNIQUES
1	Junzuki – Mawate Jodan Uke	Straight punch with step forward (body), turn in upper block (with hand on the hip)
2	Gyakuzuki – Mawate Gedan Barai	Opposite punch (body), turn in lower block (with hand twisting)
3	Maegeri Chudan	Front kick (body)
4	Surikomi Maegeri Chudan	One step, front kick (body)
5	Mawashigeri Chudan	Roundhouse kick (body)
No	RENRAKU WAZA	COMBINATION TECHNIQUES
1	Maegeri Chudan - Tobikomizuki	Front kick (body), snap punch (face)
2	Surikomi Maegeri Chudan -Tobikomizuki	One step front kick (body), snap punch (face)
3	Maegeri Chudan – Gyakuzuki	Front kick (body), opposite punch (body)
4	Surikomi Maegeri Chudan – Gyakuzuki	One step front kick (body), opposite punch (body)
No	UKE	BLOCKS
1	Chudan Soto Uke – Gyakuzuki	Middle outer block (mid-section), opposite punch (body)
2	Chudan Uchi Uke – Gyakuzuki	Middle inner block (mid-section), opposite punch (body)