

# Orange Belt -

## 8<sup>th</sup> Kyu

Technique	Stance	No.	Additional information
<b>Kihon (Basics)</b>			
Choku-Zuki (Straight-punch)	Shizentai (Natural-stance)	10	Facing forward
Gyaku-Zuki (Reverse-punch)	Zenkutsu-Dachi (Forward-stance)	5	Left side and right side
Oi-Zuki (Stepping-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Age-Uke (Upper-rising-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Soto-Ude-Uke (Outside-forearm-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Uchi-Ude-Uke (Inside-forearm-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Gedan-barai (Downward-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Mae-Geri (Front-kick)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn both arms down - repeat
Shuto-Uke (Knife-hand-block)	Kokustu-Dachi (Back-stance)	3	Stepping forward and backwards
Yoko-Geri-Keage (Side-snap-kick)	Kiba-Dachi (Straddle-leg-stance)	3	Stepping forward, turn, same back
Yoko-Geri-Kekomi (Side-thrust-kick)	Kiba-Dachi (Straddle-leg-stance)	3	Stepping forward, turn, same back
<b>Kumite (Sparring)</b>	Gohon Kumite (5 Attack Sparring)		Jodan and Chudan no count
<b>Kata (Formal-exercise)</b>	Heian Shodan		Plus any previous Kata