

# Yellow Belt -

## 7<sup>th</sup> Kyu

Technique	Stance	No.	Additional information
<b>Kihon (Basics)</b>			
Oi-Zuki (Stepping-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Age-Uke/Gyaku-Zuki (Upper-rising-block/Reverse-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Soto-Ude-Uke/ Gyaku-Zuki (Outside-forearm-block/Reverse-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Uchi-Ude-Uke/ Gyaku-Zuki (Inside-forearm-block/Reverse-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Shuto-Uke/Nukite (Knife-hand-block/Spear-hand-thrust)	Kokustu-Dachi (Back-stance) Zenkutsu-Dachi (Forward-stance)	3	Stepping forward and backwards
Mae-Geri (Front-kick)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn both arms down - repeat
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>	Kihon-Ippon-Kumite (1-attack-sparring)		Set 1 Attack Jodan, Chudan and Mae-Geri (both sides)
<b>Kata (Formal-exercise)</b>	Heian Nidan		Plus any previous Kata