



7th Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai in Zenkutsu Dachi:

1. Jodan Oi Tsuki, Chudan Gyaku Zuki
x 5 Forward Steps
2. Jodan Age Uke x 5 Backward
Steps
3. Chudan Soto Uke x 5 Forward
Steps
4. Chudan Uchi Uke x 5 Backward
Steps
5. Gedan Barai x 5 Forward Steps

From Kokutsu Dachi, Shuto Uke

6. Shuto Uke x 5 Backward Steps

From Jiyu no kamae in Zenkutsu Dachi:

7. Chudan Mae Geri x 5 Forward Steps

Mawatte Gedan Gamae (Turning with Groin Block). From Jiyu no kamae in Zenkutsu Dachi:

8. Mawashi Geri x 5 Forward Steps

Mawatte Kiba Dachi (Turning into Horse/Side Stance):

9. Yoko Geri Keage x 3 Steps & Return)
10. Yoko Geri Kekomi x 3 Steps & Return

Kata

Heian Nidan

Kumite

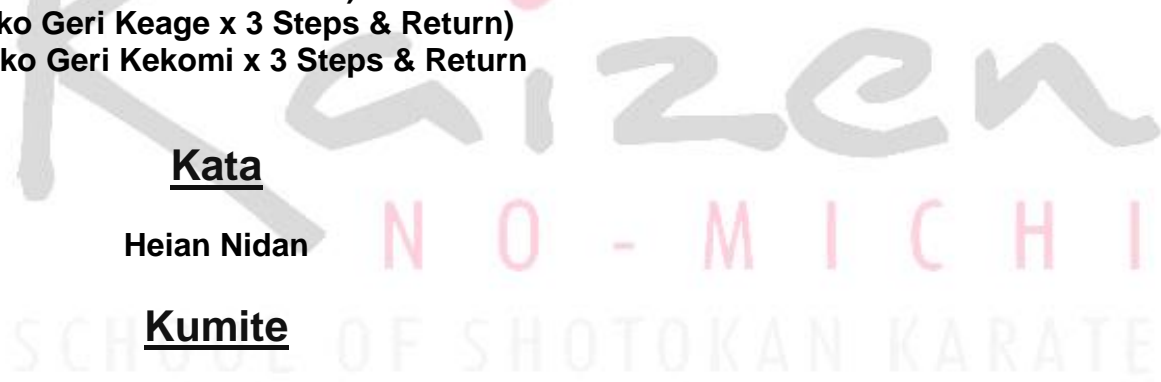
**Gohon Kumite (Basic 5 Step)
(Jodan Oi Tsuki, Chudan Oi Tsuki,
Chudan Mae Geri)**

Minimum Requirements

3 months, 24 lessons.

The Examiners

Examiners look predominantly for correct basic form with an improvement of quality in stance, speed and power, rotation of hips and clear grasp of hand techniques.



Kaizen No-Michi School of Shotokan Karate

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