

# 14<sup>th</sup> Kyu Syllabus – Red Tag

## Kihon (Basic Techniques):

From Standing Position:

Choku Zuki (Straight Punch)

Age-Uke (Rising Block)

Soto-Uke (Outside Block)

Uchi-Uke (Inside Block)

Gedan-Barai (Low Block)

Mae-Geri (Front Kick)

From Zenkutsu Dachi (Forward Stance):

Oi Zuki (Lunge Punch) 5 forwards and backwards

Kata

1st Eight moves of Kihon Kata (To kiai)

Kumite

Gohon Kumite – Jodan only to count

