



## 7<sup>th</sup> 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

4 months, 28 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.