



# Physical Requirements

## 7<sup>th</sup> Kyu, First Green Belt

### KIHON (Basics)

#### Blocks & Punches

Oi zuki (Lunge punch)
Gyaku zuki (Reverse punch)
Gedan uke (Down block)
Jodan age uke (Rising block)
Chudan soto ude uke (Outside block)
Chudan uchi ude uke (Inside block)
Shuto ude uke; kokutsu dachi (Knife hand block; back stance)
Morote uke (Augmented block)

#### Strikes

Tettsui uchi (Hammer strike)
Yoko empi uchi (Side elbow strike)
Uraken uchi (Back knuckle strike)
Shihon nukite (Spear hand thrust)

#### Kicks

	<b>New</b>
Mae geri keage (Front snap kick)	
Yoko geri keage (Side snap kick)	Fumikomi geri (Stomping kick)
Yoko geri keage; kibandachi (Side snap kick; straddle stance)	Mae geri keage, mae geri kekomi ashi okite (Alternating legs)
Ushiro geri kekomi (Back thrust kick)	Mae geri keage, mawashi geri ashi okite
Mae geri kekomi (Front thrust kick)	Mae geri keage, yoko geri kekomi ashi okite
Yoko geri kekomi (Side thrust kick)	Mawashi geri, ushiro geri ashi okite
Yoko geri kekomi; kibandachi (Side thrust kick; straddle stance)	Yoko geri keage, yoko geri kekomi; kibandachi ashi okite
Mawashi geri (Round kick)	Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri ashi okite

## AWASE WAZA (Combined Techniques)

### Formal Stance Combinations

Mae geri keage to oi zuki (Front snap kick to lunge punch)	<b>New</b>
Gyaku zuki to mae geri keage (Reverse punch to front snap kick)	Uke to gyaku zuki (Any block to reverse punch)
Soto uke to yoko empi uchi (Outside block to side elbow strike)	Ren zuki (Double punch)
Shuto uke to mae geri keage (Knife hand block to front snap kick)	Shuto uke to mae geri keage to shihon nukite (Knife hand block to front snap kick to spear hand thrust)

### Fighting Stance Combinations (Fudo Dachi)

Kizami zuki (Jab)	<b>New</b>
Gyaku zuki (Reverse punch)	Kizami zuki to step up mae geri keage (Jab to step up front snap kick)
Kizami zuki to gyaku zuki (Jab to reverse punch)	Kizami zuki to step up mawashi geri (Jab to step up round kick)

## KATA (Forms)

Heian Shodan (Peaceful Mind 1)	<b>New</b>
Heian Nidan (Peaceful Mind 2)	Heian Sandan (Peaceful Mind 3)

## KUMITE (Sparring)

### Individual Sparring

Gohon kumite (Five-step sparring)	<b>New</b>
	Sambon kumite (Three-step sparring)

### Contact Self-Defense Techniques

Five techniques + one impromptu

TEST FEE = \$25