



# Physical Requirements

## 8<sup>th</sup> Kyu, Second Blue Belt

### KIHON (Basics)

#### Blocks & Punches

Oi zuki (Lunge punch)	<b>New</b>
Gyaku zuki (Reverse punch)	Morote uke (Augmented block)
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)	

#### Strikes

Tettsui uchi (Hammer strike)	<b>New</b>
Yoko empi uchi (Side elbow strike)	Uraken uchi (Back knuckle strike)
	Shihon nukite (Spear hand thrust)

#### Kicks

Mae geri keage (Front snap kick)	<b>New</b>
Yoko geri keage (Side snap kick)	Mae geri kekomi (Front thrust kick)
Yoko geri keage; kidadachi (Side snap kick; straddle stance)	Yoko geri kekomi (Side thrust kick)
Ushiro geri kekomi (Back thrust kick)	Yoko geri kekomi; kidadachi (Side thrust kick; straddle stance)
	Mawashi geri (Round kick)

### AWASE WAZA (Combined Techniques)

#### Formal Stance Combinations

Gedan uke to gyaku zuki (Down block to reverse punch)
Mae geri keage to oi zuki (Front snap kick to lunge punch)
Gyaku zuki to mae geri keage (Reverse punch to front snap kick)
Soto uke to yoko empi uchi (Outside block to side elbow strike)
Shuto uke to mae geri keage (Knife hand block to front snap kick)

### **Fighting Stance Combinations (Fudo Dachi)**

Kizami zuki (Jab)
Gyaku zuki (Reverse punch)
Kizami zuki to gyaku zuki (Jab to reverse punch)

### **KATA (Forms)**

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

### **KUMITE (Sparring)**

#### **Individual Sparring**

Gohon kumite (Five-step sparring)
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#### **Contact Self-Defense Techniques**

Two techniques
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TEST FEE = \$20