

|                          |   |
|--------------------------|---|
| <u>7" Kyu to 6" Kyu:</u> |   |
| Kihon: (youth)           | chudan oi zuki  |
|                          | step back -jodan age uke                                |
|                          | chudan ude uke  |
|                          | step back - shuto uke/kokutsu                           |
|                          | yoko keage/kekomi (both sides)                          |
|                          | mae geri chudan   |
|                          | turn - mae geri   |
|                          | jodan   |
| Kata:                    | Heian Sandan  |
| Kumite:                  | Sanbon-jodan/chudan (both sides)                        |
|                          | Kihom(Adults) sanbon zuki                               |
|                          | step back-age uke/gyaku zuki chudan ude uke/jodan gyaku |
|                          | step back - shuto uke/kokutsu                           |
|                          | yoko keage/kekomi (2 sides)                             |
|                          | mae geri chudan turn - mae geri jodan                   |
|                          | Kata: Heian Sandan Kumite: Ippon-jodan/chu (both sides) |