

8<sup>th</sup> Kyu to 7<sup>th</sup> Kyu:

Kihon: chudan oi zuki  
step back -jodan age uke  
chudan ude uke  
step back - kokutsu shuto uke

mae geri chudan  
turn - mae geri jodan  
side snap, side thrust-both sides

Kata: Heian Nidan

Kumite: Sanbon - jodan/chudan (no count)