

Japanese

Nana Kyu

Kihon

Jodan oizuki - *in zenkutsu dachi*

Jodan ageuke, then in place, chudan gyaku zuki - *in zenkutsu dachi*

Chudan soto udeuke, then in place, jodan gyaku zuki - *in zenkutsu dachi*

Chudan shutouke - *in kokutsu dachi*

Jodan maegeri - *in zenkutsu dachi*

Chudan mawashigeri - *in zenkutsu dachi*

Jodan yoko geri keage - *in kiba dachi*

Chudan yoko geri kekomi - *in kiba dachi*

Kata

Heian Nidan

Kumite

Sanbon Kumite

Attack - oizuki jodan, hidari and migi

Defence - jodan ageuke, hidari and migi

Counter attack - gyaku zuki chudan after third block

Attack - oizuki chudan, hidari & migi

Defence - chudan sotouke, hidari & migi

Counter attack - gyaku zuki jodan after third block

English

7th level - orange belt

Basics

Lunge punch face level - *in forward stance*

Rising block face level, then in place, reverse punch solar plexis level - *in forward stance*

Outside forearm block solar plexis, then in place, reverse punch face - *in forward stance*

Knifehand block solar plexis level - *in back stance*

Front kick face level - *in forward stance*

Roundhouse kick solar plexis level - *in forward stance*

Side kick snap face level - *in side, or horse riding stance*

Side kick thrust solar plexis level - *in side, or horse riding stance*

Kata

Peaceful Kata - Level 2

Sparring

Three Step Sparring by Count

Attack - lunge punch face, left and right

Defence - rising block face, left and right

Counter attack - reverse punch solar plexis after third block

Attack - lunge punch solar plexis, left and right

Defence - outside block solar plexis, left and right

Counter attack - reverse punch face after third block