



8th KYU - ORANGE BELT

Commands during this examination will be given in English

BASICS

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn and the same back
5	Age Uke (upper rising block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Uraken Uchi (backfist strike)	Zenkutsu	Forward turn and the same back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Shuto Uke (knife hand block)	Kokutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn and the same back
3	Yoko Geri Keage (side snap kick)	Kiba	Forward turn and the same back
3	Yoko Geri Kekomi (side thrust kick)	Kiba	Forward turn and the same back

KUMITE

Go Hon Kumite	Jodan and Chudan Seniors no count Juniors to count
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KATA

Heian Shodan	Seniors no count Juniors to count
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Plus any previous kata (no count)