



## 7<sup>th</sup> Kyu Syllabus

### KIHON:

- |     |  |    |                  |
|-----|--|----|------------------|
| 1.  | SANBON TSUKI                             | x4 | forwards         |
| 2.  | AGE UKE, GYAKU TSUKI, soto uke no kamae  | x1 | backwards        |
|     | SOTO UKE, GYAKU TSUKI, uchi uke no kamae | x1 | backwards        |
|     | UCHI UKE, GYAKU TSUKI, gedan no kamae    | x1 | backwards        |
|     | GEDAN BARAI, GYAKU TSUKI                 | x1 | backwards        |
| 3.  | repeat 1 starting right side             |    |                  |
| 4.  | repeat 2 starting left side              |    |                  |
| 5.  | OI ZUKI                                  | x4 | forwards         |
| 6.  | SHUTO UKE, GYAKU NUKITE                  | x4 | backwards        |
| 7.  | MAE GERI RENGARI (jodan/chudan)          | x2 | Mawatte & repeat |
| 8.  | YOKO GERI KEAGE (in kiba dachi)          | x2 | Mawatte & repeat |
| 9.  | YOKO GERI KEKOME (in Kiba dachi)         | x2 | Mawatte & repeat |
| 10. | MAWASHI GERI                             | x2 | Mawatte & repeat |

### KUMITE:

SANBON KUMITE – *Seme Waza (Straight Line Attacks):*  
Oi Tsuki Jodan, Oi Tsuki Chudan, Oi Tsuki Chudan

*Uke Waza (Straight Line Defence):*  
Age Uke, Soto Uke, Gedan Barai  
(Examiner to Give first start command only)

### KATA:

HEIAN NIDAN

TAIKYOKU SANDAN\*

(\*miss out for juniors aged 12 years and younger)