



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

### KIHON:

- |     |                 |    |  |
|-----|-----------------|----|--|
| 1.  | GYAKU TSUKI     | x4 | left and right side<br>single techniques, stepping into<br>Zenkutsu Dachi & return to Yoi. |
| 2.  | OI ZUKI chudan  | x4 | forwards   |
| 3.  | AGE UKE         | x4 | backwards  |
| 4.  | SANBON ZUKI     | x4 | forwards   |
| 5.  | UCHI UKE        | x4 | backwards  |
| 6.  | MAE GERI chudan | x4 | forwards   |
| 7.  | SOTO UKE        | x4 | backwards  |
| 8.  | MAE GERI jodan  | x4 | forwards   |
| 9.  | GEDAN BARAI     | x4 | backwards  |
| 10. | SHUTO UKE       | x4 | forwards in Kokutsu Dachi  |
| 11. | SHUTO UKE       | x4 | backwards in Kokutsu Dachi   |
| 12. | YOKO GERI KEAGE | x3 | Mawatte & repeat in Kiba Dachi   |

### KUMITE:

SANBON KUMITE – Jodan and Chudan Attacks  
(*Examiner to Give first start command only*)

### KATA:

HEIAN SHODAN  
TAIKYOKU NIDAN\* (*\*Miss out for juniors aged 12 years and younger*)