

7TH KYU- ORANGE BELT

PUNCHES / BLOCKS

- 1.KETTE JUNZUKI (TURN HEAD BLOCK)
- 2.GYAKAZUKI
- 3.SLIDING RIDGE HAND AND REVERSE PUNCH
4. STEP FORWARD OUTER BLOCK AND REVERSE PUNCH (FROM FIGHTING STANCE)
- 5.STEP FORWARD HEAD BLOCK AND REVERSE PUNCH (FROM FIGHTING STANCE)

KICKS / COMBINATIONS

- 1.JUMPING SCISSORS FRONT KICK
- 2.HOPPING ROUND KICK, BACK FIST AND REVERSE PUNCH
- 3.HOPPING SIDE KICK, BACK FIST
4. HOPPING FOOTSWEEP, BACK FIST AND REVERSE PUNCH
- 5.COMING FORWARD FRONT AND ROUND KICK (SAME LEG)
- 6.COMING FORWARD FRONT AND AXE KICK (ALTERNATE LEGS), SNAP AND REVERSE PUNCH

PUNCH DEFENCE

BAG WORK

SPARRING- HANDS AND FEET (STUDENTS MUST HAVE PADS AND MITTS)

KATAS; PINAN NIDAN AND PINAN SHODAN

ANY TECHNIQUES FROM PREVIOUS GRADING MAY BE INCLUDED