

## **8<sup>TH</sup> KYU- YELLOW BELT**

### **PUNCHES / BLOCKS**

- 1.STEP JUNZUKI (TURN AND HEAD BLOCK)
- 2.STEP FORWARD SNAP PUNCH
- 3.STEP FORWARD SNAP PUNCH AND REVERSE PUNCH
- 4.STEPFORWARD BACK FIST
- 5.JUMPING BACK FIST AND REVERSE PUNCH (ON THE SPOT)

### **KICKS / COMBINATIONS**

- 1.FOOTSWEEP FRONT LEG AND REVERSE PUNCH (ON THE SPOT)
- 2.FRONT KICK COMING FORWARD, SNAP PUNCH AND REVERSE
- 3.ROUND KICK COMING FORWARD, BACK FIST AND REVERSE
- 4.SIDE KICK COMING FORWARD, RIDGE HAND FRONT ARM
- 5.HOPPING FRONT KICK, SNAP PUNCH AND REVERSE PUNCH
- 6.FRONT KICK AND ROUND KICK COMING FORWARD (ALTERNATE LEGS)

### **BAG WORK**

### **HAND SPARRING (STUDENTS MUST HAVE SPARRING MITTS)**

### **KATA- PINAN NIDAN**

ANY TECHNIQUES FROM PREVIOUS GRADING MAY BE INCLUDED