**7th Kyu – Yellow Belt**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Material from previous grading’s will be re-examined along with the following:

# **KIHON:**

**UKE:**

Jodan Shuto Uchi Uke (upper knife hand)

Gedan Shuto Uchi Uke (lower)

Yoko Kosa Uke (side cross block)

**Kihon Ippon Kumite** Attack & Defense must be performed Right and Left sides.

**Attack Defence**

1. Jodan Oizuki Shuto Yoko Uchi Uke, Chudan Gyakuzuki, Kaeshi.

2. Chudan Oizuki Shuto Harai Uke, Chudan Gyakuzuki, Kaeshi.

3. Chudan Oizuki Chudan Yoko Uke in Nekoashi Dachi,

Chudan Mae Geri, Kamae.

4. Chudan Mae Geri Gedan Shotei Kosa Uke in Nekoashi Dachi,

Jodan Maeken Zuki in Moto Dachi, Kaeshi.

5. Chudan Tsugiashi Yoko Kosa Uke, Jodan Maeken Zuki, Kaeshi.

Mawashi Geri

**JYU KUMITE:** Continuous free fighting

Re-assess / Pass / Merit / Distinction

Examiner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_