

Blue Belt (7th Kyu)

7TH KYU

Stances

Neko ashi dachi Cat stance

Strikes

Tetsui oroshi ganmen uchi Hammer fist descending to face

Tetsui kome kame Hammer fist to temple

Tetsui hizo uchi Hammer fist to spleen

Tetsui yoko uchi Hammer fist to side **Jodan/ Chudan/ Gedan**

Blocks

Seiken mawashi gedan barai Sweeping Lower block

Shuto mawashi uke Knife hand circular block

Kicks

Mae keage chusoku

Rising front kick with the ball of the foot, toes pulled down

Soto mawashi keage teisoku

Circular rising kick with the arch of the foot

Uchi mawashi keage heisoku

Circular rising kick with the instep of the foot

Kata

Pinan ichi Safety and security exercise