

## **Blue Belt ( 8<sup>th</sup> Kyu)**

### **8TH KYU**

#### **Stances**

**Kiba dachi Horse stance**

#### **Strikes**

**Shita tsuki Lower punch**

**Seiken tate tsuki Vertical punch Jodan/ Chudan/  
Gedan**

**Jun tsuki Thrusting punch in Kiba dachi**

#### **Blocks**

**Seiken morote chudan uchi uke Assisted outside to  
inside block**

**Seiken uchi uke Inside block**

#### **Kicks**

**Mae geri chusoku Front kick with the ball of the  
foot**

#### **Kata**

**Taikyoku san Formal training exercise**