

7th Kyu – Orange
(Fourth Belt/Grade)

Minimum Training Time:
3 Months (12 Weeks)

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

Tsuki Waza

1. Mawashizuki (Jodan) [FA]
2. Mawashizuki (Chudan) [BA]
3. Chokuzuki (Chudan) [FA]
4. Mawashi Tettsui Uchi (Jodan) [BA]

ENGLISH

Punches

1. Roundhouse Punch (Head) [FA]
2. Roundhouse Punch (Body) [BA]
3. Snap Punch (Body) [FA]
4. Round Hammer Fist Strike (Head) [BA]

Empi Uchi Waza

1. Mae Empi Uchi (Jodan) [FA]

Elbow Strikes

1. Front Elbow Strike (Head) [FA]

Keri Waza

1. Mawashigeri (Jodan) [FL]
2. Maegeri (Jodan) [BL]
3. Kokatogeri (Jodan) [FL]
4. Tobi Maegeri (Chudan) [FL]
5. Uchi Mikazukigeri (Jodan) [BL]

Kicks

1. Roundhouse Kick (Head) [FL]
2. Front Kick (Head) [BL]
3. Axe Kick (Head) [FL]
4. Jumping Front Kick (Body) [FL]
5. Inside Crescent Kick (Head) [BL]

Renraku Waza

1. Nidan Geri
(Chudan) [BL] / (Jodan) [FL]
– Chokuzuki (Jodan)
– Gyakuzuki (Chudan)
2. Surikomi Maegeri (Chudan) [FL]
– Mawashigeri (Jodan) [BL]
– Chokuzuki (Jodan)
– Gyakuzuki (Chudan)
3. Maegeri (Chudan)
/ Mawashigeri (Jodan) [BL]
[Same Leg,
Keeping Leg Off Floor, Travelling]
4. Renzuki Chokuzuki (Jodan)
– Gyakuzuki (Chudan)
– Maegeri (Chudan) / (Jodan) [BL]
[Same Leg]

Combination Techniques

1. Jumping Scissors Front Kick
(Body) [BL] / (Head) [FL]
– Snap Punch (Head)
– Reverse Punch (Body)
2. One Step Front Kick (Body) [FL]
– Roundhouse Kick (Head) [BL]
– Snap Punch (Head)
– Reverse Punch (Body)
3. Front Kick (Body)
/ Roundhouse Kick (Head) [BL]
[Same Leg,
Keeping Leg Off Floor, Travelling]
4. Sliding Snap Punch (Head)
– Reverse Punch (Body)
– Front Kick (Body) / (Head) [BL]
[Same Leg]

Traditional

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| 1. Tobikomizuki (Jodan) | 1. Sliding Snap Punch (Head) |
| 1. Junzuki (Chudan)
– Mawatte Jodan Uke | 1. Lunge Punch (Body)
– Turn Rising Head Block |
| 2. Gyakuzuki (Chudan)
– Mawatte Gedan Barai | 2. Reverse Punch (Body)
– Turn Downward Block |
| 1. Shuto Uke
(Mahanmi Nekoashi Dachi) | 1. Knife Hand Block
(Side Cat Stance) |
| 2. Soto Uke
(Junzuki Dachi) | 2. Outer Block
(Lunge Punch Stance) |
| 3. Uchi Uke
(Junzuki Dachi) | 3. Inner Block
(Lunge Punch Stance) |
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Sanbon Gumite (Pairs)

1. Chudan Uchi Uke
– Empi

3 Step Fighting (Pairs)

1. Inside Body Block
– Elbow Strike
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Kata

1. Pinan Nidan
2. Pinan Shodan

Forms

1. Peaceful Mind Two
 2. Peaceful Mind One
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Jiyu Kumite (Light Contact with Protective Equipment)

Goshin Jutsu (X 3)

Makiwara
(1 X 2 Minutes)

Sparring (Light Contact with Protective Equipment)

Self Defence (X 3)

Pad Work
(1 X 2 Minutes)
