Advancing to yellow belt (8’th kyu)

**Kihon** (basics, moving in position)

*Zenkutsu-dachi/gedan barai kamae* (Front stance, down block)

- Oi-tsuki chudan
- Gyaku-tsuki chudan
- Age-uke jodan
- Soto-uke chudan
- Uchi ude-uke chudan

*Kokutsu-dachi/shuto-uke kamae* (Back stance, knife-hand block)

- Shuto-uke chudan

*Zenkutsu-dachi kamae* (Front stance, hands to side)

- Mae-geri
- Mawashi geri

*Kiba-dachi kamae* (Straddle-leg stance, hands to side)

- Yoko-geri keage

**Kata**

- Heian shodan (Peaceful mind #1)

**Kumite** (Sanbon kumite – 3-step sparring)

- Attack: Oi-tsuki jodan; Block: Age-uke jodan; Counter attack: Gyaku-tsuki chudan
- Attack: Oi-tsuki chudan; Block: Soto-uke chudan; Counter attack: Gyaku-tsuki chudan

Emphasis is placed on correct use of stance, and sharply withdrawing front hand to the chambered position (hikite). Use kiais at the last technique of each sequence, and in the proper place in kata and kumite. An understanding of hip rotation in blocking and attacking techniques is expected. Your development of focus (kime) in each technique throughout your test will be evaluated.