

# 7th Kyu - Orange Belt

## **Kihon, Tsuki & Keri (Basic Techniques)**

1. Junzuki No Tsukkomi.
2. Gyakuzuki No Tsukkomi.
3. Sokuto Chudan.

## **Renraku Waza (Combination Techniques)**

1. Maegeri - Mawashigeri - Gyakuzuki.
2. Surikomi Maegeri - Mawashigeri - Gyakuzuki.

## **Uke (Blocks)**

- Chudan Soto Uke - Maegeri Gyakuzuki
- Chudan Uchi Uke - Empi
- Chudan Maegeri Uke Ipponme (1) - Gyakuzuki
- Chudan Maegeri Uke Nihonme (2) - Gyakuzuki

## **Kata (Form)**

- Pinan Nidan

## **Go Shin Jutsu (Self Defence)**