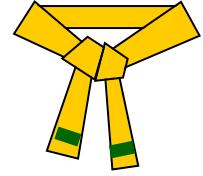


7th Kyu (Shichi Kyu)

Basic Techniques



NAME: _____

DATE OF PREVIOUS RANK: _____

BASIC TECHNIQUES

- SHOZENKUTSU DACHI (half-front stance)
- MOVING IN STANCE
- TURNING IN STANCE
- STANCE DYNAMICS (balance, stability, strength, weight shifting, distance)
- UCHI UKE (inside forearm block)
- UDE UKE (dropping forearm or wing block)
- OPEN VS. CLOSED HAND BLOCKING (head, chest, and down)
- OI TSUKI (lunge punch)
- GYAKU TSUKI (reverse punch)
- AGE TSUKI (uppercut punch)
- URA UCHI (backfist strike)
- TETSUI UCHI (hammerfist strike)
- HIJI ATE (elbow strike)
- NAKANIMIKAZUKI GERI (inside hook kick)
- SOTOMIKAZUKI GERI (outside hook kick)
- TE WAZA DAI ICHI (first hand technique drill)

KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1 &2)
- GEIKSAI KATA DI NI
- GEIKSAI KATA DI NI BUNKAI (1 &2)

MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS & PHRASES
- DOJO ETIQUETTE
- DOJO KUN

APPROVED: _____
(HEAD INSTRUCTOR)

(DATE)