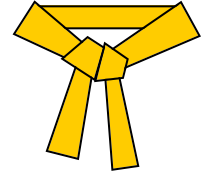


8th Kyu (Hachi Kyu)

Basic Techniques



NAME: _____

DATE OF PREVIOUS RANK: _____

BASIC TECHNIQUES

- JODAN UKE (“receiving” – head block with focus on block/control)
- CHUDAN UKE (“receiving” – chest block with focus on block/control)
- GEDAN UKE (“receiving” – down block with focus on block/control)
- AYUMI ASHI (natural stepping)
- TSUGI ASHI (shifting/shuffling step)
- MOVING IN STANCE
- TURNING IN STANCE
- OI TSUKI (lunge punch)
- GYAKU TSUKI (reverse punch)
- NAKINSHUTO UCHI (inside sword hand)
- SOTOSHUTO UCHI (outside sword hand)
- TETSUI UCHI (hammer fist)
- KAKATO GERI (stomping heel kick)
- YOKO GERI (side kick)

KATA & KATA BUNKAI

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

MISCELLANEOUS

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

APPROVED: _____
(HEAD INSTRUCTOR)

(DATE)