
ORANGE BELT

Nanakyu

**7th
Kyu**

KIHON

Zenkutsu dachi, gedan barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki

Kokutsu dachi, gamae

- Shuto uke

Zenkutsu dachi, gamae

- Mae geri
- Mawashi geri

Kiba dachi

- Yoko geri keage
- Yoko geri kekomi

KATA

- Heian Shodan
- Heian Nidan

KUMITE

- Sanbon Kumite
Numbers 1 and 2
(Hidari – left leg forward)