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**YELLOW BELT**

**Hachikyu**

**8<sup>th</sup>  
Kyu**

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## **KIHON**

### **Zenkutsu dachi, gedan barai**

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

### **Kokutsu dachi, shuto uke**

- Chudan shuto uke

### **Zenkutsu dachi, gamae**

- Mae geri

### **Kiba dachi**

- Yoko geri keage

## **KATA**

- Heian Shodan

## **KUMITE**

- Gohon Kumite  
Jodan and Chudan (Hidari – left leg forward)