

## 7 KYU: ORANGE BELT

KATA: Heian Nidan

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, face level.
- 2) Stepping back, rising block.
- 3) Stepping forward, outside forearm block, reverse punch face level.
- 4) Stepping back, back stance, knife-hand block.  
\*Change to front stance.
- 5) Moving forward, front snap kick, face level.  
\*Turn into side stance.
- 6) Stepping across, side snap kick-change direction, repeat
- 7) Stepping across, side thrust kick-change direction, repeat.

KUMITE (BASIC THREE-STEP SPARRING): No Count

Offense (start from front stance).

\*Step in punch, face level, three times.

Defense (start from open natural stance).

\*Step back, rising block, counter after third attack.

Offense (start from front stance).

\*Step in punch, stomach level, three times.

Defense (start from open natural stance).

\*Step back, outside forearm block, counter after third attack.

Switch roles of offense and defense.