

## **7 KYU: CANDIDATE ORANGE BELT**

**KATA:** Heian Nidan (perform to the first kiai)

**KIHON (BASICS):** Examiners count:

- 1) From front stance, step in punch, face level.
- 2) Stepping back, rising block.
- 3) Stepping forward, outside forearm block.
- 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

**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.