

8 KYU: YELLOW BELT

KATA: Heian Shodan

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): Examiners Count

Offense (start from front stance).

*Step in punch, face level, three times.

Defense (start from open natural stance).

*Step back, rising block, counter (reverse punch) after third attack.

Offense (start from front stance).

*Step in punch, stomach level, three times.

Defense (start from open natural stance).

*Step back, outside block, counter (reverse punch) after third attack.

Switch roles of offense and defense.