

## **8 KYU: CANDIDATE YELLOW BELT**

KATA: Heian Shodan (Perform to the first kiai)

KIHON (BASICS): Examiners count:

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

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.

\*Switch roles of offense and defense.