Eighth Kyu (Yellow Belt)

Kihon Waza – Basic Techniques

Jodan Uke – Upper block
Chudan Soto Uke – Middle outer block
Chudan Uchi Uke – Middle inner block
Gedan Barai – Lower sweeping block
Junzuki – Lunch punch
Gyakuzuki – Reverse punch
Maegeri – Front kick
Uraken – Back fist

Renkei Waza – Combination Techniques

Maegeri Chudan, Tobikomizuki Jodan – Front kick, Snap punch head
Maegeri Chudan, Gyakuzuki Chudan – Front kick, Reverse punch middle

Ippon Kumite – One-Step Block

Jodan Uke Ipponme – Head block One
Chudan Uke Ipponme – Middle block One
Maegeri Uke Ipponme – Kick block One