Seventh Kyu (Orange Belt)

Kihon Waza – Basic Techniques

Junzuki – Lunch punch
Gyakuzuki – Reverse punch
Junzuki No Tsukkomi – Leaning lunch punch
Gyakuzuki No Tsukkomi – Leaning reverse punch
Maegeri Chudan – Front kick middle
Mawashigeri Chudan – Roundhouse kick middle
Sokuto Gedan – Side kick to shin
Uraken Jodan – Back fist (temple area)

Renkei Waza – Combination Techniques

Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan – Front kick middle, Roundhouse kick middle, Reverse punch middle
Gyakuzuki Jodan, Maegeri Chudan – Reverse punch head, Front kick middle

Ippon Kumite – One-step Block

Jodan Uke Ipponme and Nihonme – Head blocks One & Two
Chudan Uke Ipponme and Nihonme – Middle blocks One & Two
Maegeri Uke Ipponme and Nihonme – Kick blocks One & Two

Kata – Prearranged Form

Pinan Nidan