**Seventh Kyu – Orange Belt**



**BASICS**

**KIHON WAZA – Basic techniques**

1. Junzuki - Lunge punch
2. Gyakuzuki - Reverse punch
3. Junzuki No Tsukkomi - Leaning lunge punch
4. Gyakuzuki No Tsukkomi - Leaning reverse punch
5. Maegeri Chudan - Front kick middle
6. Mawashigeri Chudan - Roundhouse kick middle
7. Sokuto Gedan - Side kick to shin
8. Uraken Jodan - Back fist head

**RENKEI WAZA – Combination techniques**

1. Maegeri Chudan, Mawashigeri Chudan, Gyakazuki Chudan - Front kick middle, Roundhouse kick middle, Reverse punch middle
2. Gyakuzuki Jodan, Maegeri Chudan - Reverse punch head, Front kick middle

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke Ipponme & Nihonme - Head block One & Two
2. Chudan Uke Ipponme & Nihonme - Middle block One & Two
3. Maegeri Uke Ipponme & Nimonme - Kick block One & Two

**KATA**

**Prearranged Form**

Pinan Nidan