**Eighth Kyu – Yellow belt**

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**BASICS**

**KIHON WAZA - Basic techniques**

1. Jodan Uke - Upper block
2. Chudan Soto Uke - Middle outer block
3. Chudan Uchi Uke - Middle inner block
4. Gedan Barai - Lower sweeping block
5. Junzuki - Lunge punch
6. Gyakuzuki - Reverse punch
7. Maegeri - Front kick
8. Uraken Jodan - Back fist head

**RENKEI WAZA - Combination techniques**

1. Maegeri Chudan, Tobikomizuki Jodan - Front kick middle, Snap punch head
2. Maegeri Chudan, Gyakuzuki Chudan - Front kick middle, Reverse punch middle

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke Ipponme - Head block One
2. Chudan Uke Ipponme - Middle block One
3. Maegeri Uke Ipponme - Kick block One