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Shotokan Karate-Do – 8th Kyu

Kihon Kata

KIHON (basics)

DACHI (stances)

- 1) Move F/B 5x, Zenkutsu-dachi.
- 2) Move F/B 5x, Kokutsu-dachi

TSUKI

- 3) Move F 5x, Oi Tsuki Chudan.
- 4) Move F 5x, Oi Tsuki Joedan.

UKE

- 5) Move F/B 5x, Gedan-berai, Gyaku-tsuki. (lower block, reverse punch)
- 6) Move F/B 5x, Age-uke, gyaku-tsuki. (rising block, reverse punch)
- 7) Move F/B 5x, Soto-ude-uke, gyaku-tsuki. (outside block, reverse punch)
- 8) Move F/B 5x, Uchi-ude-uke, gyaku-tsuki. (inside block, reverse punch)
- 9) Move F/B 5x, Shuto uke. (knife hand block)

GERI

- 10) Move F 5x, Mae-geri Chudan.
- 11) Move F 5x, Mae-geri Joedan.
- 12) Move F 5x, L/R Yoko-geri Keage. (side snap kick)
- 13) Move F 5x, L/R Yoko-geri Kekomi. (side thrust kick)

KUMITE

14) GOHON KUMITE

- 5x Joedan attack, block Age-uke.
 - 5x Chudan attack, block soto-ude uke.
 - 5x Mae-geri attack, block Gedan-berai.
- Counter Gyaku-tsuki (with kiai) on the fifth move.

15) IPPON KUMITE

- 2x Joedan attack.
 - 2x Chudan attack.
 - 2x Mae-geri attack.
- Counter Gyaku-tsuki (with kiai) after each block.

KATA

- 16) Kihon Kata.
- 17) Heian Shodan.

Pass(22) Good(30) Exe(40)