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Shotokan Karate-Do 7th Kyu

Kihon Kata

KIHON TSUKI

- 1) Move F 5x, Oi-tsuki Chudan.
- 2) Move F 5x, Oi-tsuki Jodan.
- 3) Move F 5x, Sambon-tsuki.

(three punches)

UKE

- 4) Move F/B 5x, Gedan-berai, Gyaku-tsuki, Gedan-berai.
- 5) Move F/B 5x, Age-uki, Gyaku-tsuki, Gedan-berai..
- 6) Move F/B 5x, Soto-ude-uke, Gyaku-tsuki, Gedan-berai.
- 7) Move F/B 5x, Uchi-ude-uki, Gyaku-tsuki, Gedan-berai.
- 8) Move F/B 5x, Shuto-uke, Nukite.

(spear hand)

GERI

- 9) Move F 5x, Mae-geri Chudan, Oi-tsuki.
- 10) Move F 5x, Mae-geri Jodan, Oi-tsuki.
- 11) Move F 5x, L/R Yoko-geri Keage.
- 12) Move F 5x, L/R Yoko-geri Kekomi.

KUMITE

13) GOHON KUMITE

5x Jodan attack.

5x Chudan attack.

5x Mae-geri attack.

Counter Gyaku-tsuki (with kiai) on the fifth move.

14) IPPON KUMITE

2x Jodan attack. }

2x Chudan attack. } Block and counter of choice

2x Mae-geri attack }

KATA

- 15) Kihon Kata.
- 16) Heian Nidan.

PASS(21) GOOD(29) EXE(38)