

8th KYU

Kata:

Taikyoku 3

Taikyoku 4

Stances:

1. Neko Dachi (Cat Stance)
2. Kokutsu Dachi (Back Stance)
3. Fudo-Dachi (Ready Stance)
4. Heido Dachi (Relax Stance)

Kicks:

1. Ushiro Geri (Back Kick)
2. Yoko Geri (Side Kick)
3. Low-High Mawashi Geri (Round house Kick)

Blocks:

1. Sune Uke (Shin Block)
2. Double Arm Kick block
3. Jodan Juji Uke (Cross Upward Block)
4. Gedan Juji Uke (Cross Downward Block)

Falls:

1. Side
2. Front
3. Back

Must have attended at least 26 classes since last testing