

# 7<sup>th</sup> KYU

## Kata:

Taikyoku 5  
Sukugi 1

## Stances:

1. Dog Stance
2. Reverse Zenkutsu Dachi

## Kicks:

1. Gayku Mawashi Geri (Hook Kick)
2. Kakato Geri (Ax Kick)
3. Yoko Geri (side kick)

## Blocks:

1. One Hand Parry Block
2. Two Hand Parry Block
3. Open Hand Block

## Hand Forms:

1. Haito (Ridge Hand)
2. Naka Yubi (Middle Knuckle Punch)
3. Hitosashi Yubi (Index Knuckle Punch)

**Must have attended at least 26 classes since last testing**