

uekf Syllabus 7th kyu

Kata

Pinan Nidan

Kihon (From kaishi kamae)

Kette Oizuki chudan

Kette Gyakuzuki chudan

Blocks

Gedan harai uke ,gyakuzuki

Jodan age uke gyakuzuki

Kicks

Step maegeri gyakuzuki

Step Yokogeri gyakuzuki

Step mawashigeri gyakuzuki

Step uramawahigeri ura uchi

Step Ushirogeri

Pairs

Hokei Kumite 1

Ohyo bunkai

菩提心会

