

# uekf Syllabus 8th kyu

## Kihon

Oizuki chudan, gyakuzuki chudan

Oizuki jodan, gyakuzuki jodan

Yoko uke

Yoko uchi

Step maegeri

Step yokogeri

Step mawashigeri

## Pairs

Chudan 1 and 2

菩提心会

