



**KUKYU 7TH KYU ORANGE BELT**  
*min. 3 months attendance*

**PART A - KIHON**

(ZKD = zenkutsu dachi) (KKD = kokutsu dachi) (KBD = kiba dachi)

**TSUKI WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD - GEDAN BARAI	OI TSUKI JODAN MAWATE	
ZKD - GEDAN BARAI	OI TSUKI CHUDAN MAWATE	
ZKD - GEDAN BARAI	GYAKU TSUKI CHUDAN MAWATE	

**UKE WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD - GEDAN BARAI	JODAN AGE UKE, GYAKU TSUKI	
ZKD - GEDAN BARAI	CHUDAN SOTO UKE, GYAKU TSUKI	
ZKD - GEDAN BARAI	CHUDAN UCHI UKE, GYAKU TSUKI	
KKD - KAMAE	CHUDAN SHUTO UKE, GYAKU NUKITE	

**GERI WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD - KAMAE	MAE GERI	
ZKD - KAMAE	MAWASHI GERI	
KBD KAMAE	YOKO GERI KEAGE	
KBD KAMAE	YOKO GERI KEKOMI	

**PART B - KATA**

KATA	TECHNICAL	ATTITUDE	GRADE
HEIAN SHODAN (PEACEFUL MIND, FIRST FORM)			
HEIAN NIDAN (PEACEFUL MIND, SECOND FORM)			

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO



**PART C – KUMITE**  
**SANBON KUMITE**  
**KIHON IPPON KUMITE**

ATTACK	DEFENCE	ATEMI	GRADE
SANBON KUMITE, JODAN, CHUDAN, MAEGERI	HIDARI - AGE UKE, SOTO UKE, GEDAN BARAI	GYAKU TSUKI	
SANBON KUMITE, JODAN, CHUDAN, MAEGERI	HIDARI - AGE UKE, UCHI UKE, GYAKU GEDAN BARAI	JODAN, GYAKU CHUDAN TSUKI	
JODAN OI TSUKI	AGE UKE	CHUDAN GYAKU TSUKI	
CHUDAN OI TSUKI	SOTO UKE	CHUDAN GYAKU TSUKI	
CHUDAN OI TSUKI	UCHI UKE	CHUDAN GYAKU TSUKI	
CHUDAN MAE GERI	GEDAN BARAI	CHUDAN GYAKU TSUKI	

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO