

7th Kyu

Heiko Dachi Alternate Soto Uke

Yoi Dachi Alternate Uraken Uchi

Zen Kutsu Dachi Stepping Forward Mawashi Empi Uchi

Zen Kutsu Dachi Stepping Forward Tetsui Uchi

Yoi Dachi Gedan Yoko Geri

Combination 2A

Combination 2B

Padwork Teisho Uchi

Padwork Mae Geri

Tykoko Shodan (X 3 marks)

Pass marks        36