

Name:



8th Kyu Belt Test Requirements



8th Kyu

Stationary kihon (heiko dachi)

A

Japanese	English translation
jun-tsuki	
age uke	
soto uke	
uchi uke	
gedan barai	
mae-geri	
mawashi-geri	

B

Moving kihon (zenkutsu dachi, shiko dachi)

A

Kamae te

aiyumi ashi

B

Kata

Ten-no kata

Chi-no kata

Kumite

Sanbon Kuimite