

7 KYU — Cintura Gialla (dopo 3 mesi)

KIHON

- 1 — Jodan Oizuki
- 2 — Ageuke = Gyakuzuki
- 3 — Sotouke = Gyakuzuki
- 4 — Gedanbarai = Gyakuzuki
- 5 — Uchiuke
- 6 — Shutouke
- 7 — Jodan Maegeri
- 8 — Yokogeri Keage (Da Kibadachi)
- 9 — Yokogeri Kekomi (Da Kibadachi)
- 10 = Uchiuke — Maegeri = Gyakuzuki
(Gyakuashi)

KUMITE

Gohon Kumite

(Jodan / Chudan / Maegeri)

KATA

Heian Nidan