

7th Kyu (Nanakyu) Test

Orange Belt

A 7th kyu student exhibits coordination and confidence in all the basic techniques, and is able to perform *Heian Nidan* with strong, definite movements.

Key Performance Points:

Rotation, translation, quick forward stepping

Kata

Heian Nidan

Basics

1. **4 times moving forward, 4 times moving backward**
 - a. *jōdan oi zuki*
Step into a lunge punch to the face (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
2. **4 times moving forward, 4 times moving backward**
 - a. *age uke*
Step into a rising block (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
3. **4 times moving forward, 4 times moving backward**
 - a. *ude uke*
Step into an outside block (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
4. **4 times moving forward, 4 times moving backward**
 - a. *uchi uke*
Step into an inside block (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
5. **4 times moving forward, 4 times moving backward**
 - a. *shutō uke*
Step into a knife-hand block (back stance)
 - b. *nukite*
Move the front foot into a front stance and execute a reverse spear-hand strike
6. **4 times moving forward, 4 times moving backward**
 - a. *gedan barai*
Step into a downward block (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
7. **5 times moving forward, then turn around**
 - a. *mae geri*
Front snap kick with the back foot, land in front stance
8. **5 times moving forward, then turn around**
 - a. *mawashi geri*
Roundhouse kick with the back foot, land in front stance
9. **3 times moving sideways, then turn around, then repeat**
 - a. *yoko geri keage*
Side snap kick, land in horse stance
10. **3 times moving sideways, then turn around, then repeat**
 - a. *yoko geri kekomi*
Side thrust kick, land in horse stance
11. **4 times in place, twice per side**
 - a. *mae geri*
Front snap kick, touch down
 - b. *yoko geri keage*
Side snap kick, touch down
 - c. *ushiro geri*
Back thrust kick, touch down

Kumite

1. **sambon kumite**
 - a. *jōdan oi zuki / age uke*
Three-step sparring (front stance)

- Alternate attacking with a lunge punch to the head and receiving with a rising block
- b. *oi zuki / ude uke*
 - Alternate attacking with a lunge punch and receiving with an outside block

2. **3 times**

- a. *oi zuki*
 - Attack with a stepping lunge punch (fighting position)

3. **3 times**

- a. *gyaku zuki*
 - Attack with a shifting reverse punch (fighting position)