



## Yellow Belt – 8<sup>th</sup> Kyu (Hachi Kyu)

### Dachi (Stances)

Fudo Dachi      Sanchin Dachi      Zenkutsu Dachi

### Kihon Tsuki Waza (Basic Punching Techniques)

1. Junzuki Jodan (in Zenkutsu Dachi or Sanchin Dachi)
2. Junzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
3. Junzuki Gedan (in Zenkutsu Dachi or Sanchin Dachi)
4. Gyakuzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)

### Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Maegeri Keage
3. Mawashigeri Keage

### Kihon Uke Waza (Basic Blocking Techniques)

1. Jodan Uke
2. Soto Uke
3. Uchi Uke
4. Gedan Barai

### Renraku Waza (Combinations Techniques)

1. Maegeri Chudan, Tobikomizuki Jodan.
2. Maegeri Gyakuzuki Chudan
3. Surikomi Maegeri Chudan, Tobikomizuki Jodan.

### Etiquette (behaviour)

1. Rei – Bow entering and leaving the Dojo.
2. Rei – Bow standing and sitting.
3. Correct kneeling and sitting posture.

### Dress

1. Doh-gi (suit). How to put one on clean and tidy.
2. Obi (belt). How to tie the belt.

Question Sheet for this grade

Dojo-Kun 1 & 2 for this grade.