



**7<sup>th</sup> Kyu Syllabus Yellow Belt**  
**Criteria: Minimum 16 lessons**

Zenkutsu Dachi

Oi-zuki

Gyaku Zuki

Jodan Age Uke - Gyaku Zuki

Soto Ude Uke - Gyaku Zuki

Uchi Ude Uke - Gyaku Zuki

Kokutsu Dachi Shuto Uke

Zenkutsu Dachi

Mae Geri

Mawashi Geri

Kiba Dachi

Yoko Geri Keage

Yoko Geri Kekomi

Sanbon Kumite (No.1) (3-step)

Jodan, Chudan, Maegeri

Kata: Heian Nidan

**[www.tskr.co.uk](http://www.tskr.co.uk)**