



8th Kyu Syllabus Orange Belt

Criteria: Minimum 16 lessons

Zenkutsu Dachi

Oi-zuki

Gyaku Zuki

Jodan Age Uke

Soto Ude Uke

Uchi Ude Uke

Kokutsu Dachi Shuto Uke

Zenkutsu Dachi Mae Geri

Kiba Dachi Yoko Geri Keage

Gohon Kumite (5-step) Jodan

Kata: Heian Shodan

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