






## ORANGE BELT ■ for karateka currently yellow belt (8<sup>th</sup> kyu going to 7<sup>th</sup> kyu)

	Kihon (basic movements)
<ol style="list-style-type: none"> <li>1. Chudan Oizuki</li> <li>2. Chudan Gyakuzuki</li> <li>3. Jodan Ageuke / Chudan Gyakuzuki</li> <li>4. Gedanbarai / Chudan Gyakuzuki</li> <li>5. Sotouke / Chudan Gyakuzuki</li> <li>6. ✧ Shutouke</li> <li>7. Uchiuke / Chudan Gyakuzuki</li> <li>8. Maegeri-Chudan / Jodan</li> <li>9. Yokogeri-Keagi</li> <li>10. Yokogeri-Kekomi</li> <li>11. Mawashigeri</li> </ol>	<div data-bbox="790 761 1364 840">Key</div> <div data-bbox="790 840 1364 1108"> <p>Symbols used in the kihon instructions:</p> <p>/ = in the same place</p> <p>✧ = stepping backwards</p> </div>

### Tips for a successful grading:

- ✓ Arrive early to the venue
- ✓ Make sure you do the pre-grading training session
- ✓ Stay hydrated
- ✓ Ask if you don't understand an instruction
- ✓ Remain calm and focussed throughout

	Kata
<p>Karateka are required to know the following:</p> <ul style="list-style-type: none"> <li>■ Heian Shodan</li> <li>■ Heian Nidan</li> </ul>	 <div data-bbox="790 1724 1364 1780">Kumite</div> <p>Sanbon kumite: jodan, chudan, maegeri.</p> <ul style="list-style-type: none"> <li>■ Attacker steps forward three times (Jodan oizuki, chudan oizuki, chudan maegeri)</li> <li>■ Defense steps back three times</li> </ul>