



Green Belt, 7th Kyu

All tai sabaki, ukemi and attacks from previous ranks

Tachi waza

Tae no henko

Kokyu nage

- Katate dori, 3 ways
- Mune tsuki ★
- Shomen uchi ★

Kote gaeshi

- Mune tsuki
- Shomen uchi

Shiho nage

- Katate dori
- Shomen uchi ★
- Yokomen uchi

Irimi nage, kihon & ki no nagare ★

- Mune tsuki
- Shomen uchi

Buki waza

7 bokken suburi, 1–5 ★

31 jo kata, 1–5 ★

Kokyu dosa