



Orange Belt, 8th Kyu

Tai sabaki

Two steps
Tenkan
Irimi
Front side step
Back side step
Pivot
Shikko forward, backward, turns
5 push ups ★
10 sit ups ★

Ukemi

Forward roll
Backward roll
Forward roll - slap & stay down, kick to come up ★

Attacks

Katate dori
Mune tsuki
Shomen uchi
Yokomen uchi ★

Tachi waza

Tae no henko
Kokyu nage
- Katate dori, 3 ways
Kote gaeshi
- Mune tsuki
- Shomen uchi
Shiho nage ★
- Katate dori
- Yokomen uchi

Buki waza (weapons) ★

7 bokken suburi, 1 and 2

Kokyu dosa