

**READING FOR KICKS, 7th Kyu Examination, (rev. 7/2017)**

**A. Kata**

1	heian nidan
2	heian shodan

**B. Impact** (twice on each side)

1	front stance, in place, reverse punch middle. Change sides.
2	front stance, in place, short punch high. Change sides.
3	front stance, step in, punch middle. Change sides.
4	back stance, step in, knife hand strike middle
5	front stance, step in, front kick low. Change sides.
6	side stance, step across, side snap kick low. Change sides.
7	side stance, step across, side thrust kick low. Change sides.

**C. Falling**

1	slap fall from pancake
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**D. Kata Concepts**

1	heian nidan	one breath = multiple techniques	+concepts of heian shodan	
2	heian shodan	one breath = one technique	shomen/hanmi	front knee/foot toward opponent

**E. Bunkai** (the student chooses a technique from an assigned kata)

1	Explain the combat application of the technique
2	List the body actions employed by the technique
3	Demonstrate the technique against an opponent

**F. Body Action Analysis** (list and demonstrate the six methods of making power)

vibration	2	rotation	3	shifting
rising	5	lowering	6	expansion / contraction

**G. Dojo Kun** (recite)

1	One. To seek perfection of character.
2	One. To be sincere and honest.
3	One. To show strong spirit.
4	One. To respect others.
5	One. To refrain from violent behavior.

<b>H. Vocabulary</b> (define five terms selected by the examiner from the following list)				
1	sichi	seven	6	nukite zuki spear hand punch
2	hachi	eight	7	ude uke inside block
3	tettsui uchi	hammer fist strike	8	yoko geri keage side snap kick
4	uraken uchi	back fist strike	9	kokotsu dachi back stance
5	shuto uchi	knife hand strike	10	nidan second

**I. Kihon**

1	front stance, step in, punch high
2	front stance, step back, punch high
3	front stance, step in / back, rising block, reverse punch high
4	front stance, step in / back, outside block, reverse punch high
5	front stance, step in / back, down block, reverse punch high
6	back stance, step in / back, knife-hand strike middle
7	front stance, step in / back, inside block, reverse punch high
8	front stance, step in, front kick low
9	side stance, step across, side snap kick low, elbow strike middle
10	side stance, step across, side thrust kick low, elbow strike middle

**J. Yohon Kumite** (\*=on #4: reverse punch high, kiai)

1	O: front stance, step in, punch high
	D: front stance, step back, rising block *
2	O: front stance, step in, punch middle
	D: front stance, step back, outside block *
3	O: front stance, step in, front kick low
	D: front stance, step back, down block *
4	O: front stance, step in, punch middle
	D: back stance, step back, knife hand block *
5	O: front stance, step in, punch middle
	D: front stance, step back, inside block *
6	O: side stance, step across, side snap kick low
	D: side stance, step back, down block *
7	O: side stance, step across, side thrust kick low
	D: side stance, step back, down block *

8	O: front stance, step in, round kick low
	D: front stance, step back, down block *

**K. Embusen** (for students 14 years and older) (for currently assigned kata)

1	line diagram	2	box diagram	3	height and timing diagram	4	body action analysis
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