

READING FOR KICKS, 7th Kyu Examination, (rev. 7/2016)

A. Kata

1	heian nidan
2	heian shodan

B. Impact

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.				
H. Vocabulary (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, hook punch middle				
10	side stance, step across, side thrust kick low, hook punch middle				
11	front stance, step in, punch high, round kick low				

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