

**READING FOR KICKS, 8th Kyu Examination, (rev. 7/2017)**

**A. Kata**

1 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. Change sides.

5 front stance, step in, front kick low. Change sides.

6 side stance, step across, side snap kick low. Change sides.

**C. Falling**

1 slap fall from standing

**D. Kata Concepts**

1	heian shodan	one breath = one technique	shomen/hanmi	front knee/foot toward opponent
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**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	shi	four	6	geden barai	down block
2	go	five	7	mae geri	front kick
3	ro	six	8	zenkutsu dachi	front stance
4	age uke	rising block	9	shodan	first
5	soto uke	outside block	10	gyaku zuki	reverse punch

<b>I. Kihon</b>							
1	front stance, step in, punch middle						
2	front stance, step back, punch middle						
3	front stance, step in, rising block. Turn.						
4	front stance, step in, outside block. Turn.						
5	front stance, step in, down block. Turn.						
6	back stance, step in, knife hand strike middle						
7	front stance, step in, front kick low. Turn.						
8	side stance, step across, side snap kick low. Turn.						
<b>J. Yohon Kumite</b> (*=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: side stance, step across, side snap kick low						
	D: side stance, step back, down block.						
<b>K. Embusen</b> (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