

**READING FOR KICKS, 8th Kyu Examination, (rev. 7/2016)**

**A. Kata**

1	heian shodan
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**B. Impact**

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

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

1	heian shodan	one breath = one technique	shomen/hanmi	front knee/foot toward opponent
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<b>E. Bunkai</b> (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				
<b>F. Body Action Analysis</b> (list and demonstrate the six methods of making power)					
vibration	2	rotation	3	shifting	
rising	5	lowering	6	expansion / contraction	
<b>G. Dojo Kun</b> (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	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