7th Kyu – Blue Belt Requirements
(Test in English)

**KIHON (Basics)**

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Step back w/ right leg, down block reverse punch
5 sets NO count: (right side then left side)
  A) JAB FACE & REVERSE PUNCH STOMACH – In place

**Hand Techniques** – Moving forward & backward

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Step back w/ right leg, down block FRONT STANCE
5 times NO count:
  A) LUNGE PUNCH (Stomach Level)
  B) RISING BLOCK, *(A TEST)* Add REVERSE PUNCH on #5
  C) OUTSIDE STOMACH BLOCK, *(A TEST)* Add REVERSE PUNCH on #5
  D) INSIDE STOMACH BLOCK, *(A TEST)* Add REVERSE PUNCH on #5
  E) DOWN BLOCK, *(A TEST)* Add REVERSE PUNCH on #5
  F) KNIFEHAND BLOCK IN BACK STANCE, *(A TEST)* Add SPEAR-HAND THRUST IN FRONT STANCE

**Kicking Techniques**

Step back w/ right leg, down block into FRONT STANCE
5 times NO count:
  A) FRONT SNAP KICK (Stomach Level) - *Basic Turn in place*
  B) FRONT SNAP KICK (Face Level) - *Basic Turn in place*
  C) FRONT THRUST KICK (Stomach Level) – *Basic Turn in place*
  D) ROUNDHOUSE KICK (Stomach Level) – *Basic Turn in place*

Step out w/ right leg into HORSE STANCE
3 times NO count:
  E) SIDE THRUST KICK (Stomach Level) - *Turn*
  F) SIDE SNAP KICK (Stomach Level) – *Turn*

**KATA (Forms)**

A) Heian Shodan (Review - *(A TEST)* with Bunkai)
B) Heian Nidan “Peaceful Mind #2”

**KUMITE (Sparring)**

3-step Prearranged Sparring *(NO count)*

A) FACE PUNCH (Lunge Punch)
B) STOMACH PUNCH (Lunge Punch)
C) FRONT KICK (Stomach Level)