8TH Kyu – Orange Belt Requirements
(Test in English)

**KIHON (Basics)**

*Step back w/ right leg, down block reverse punch*

5 sets **NO count:** (right side then left side)

A) DOWN BLOCK & REVERSE PUNCH – In place

**Hand Techniques** – Moving forward & backward

*Step back w/ right leg, down block FRONT STANCE*

5 times **NO count:**

A) LUNGE PUNCH (Stomach Level)

B) RISING BLOCK

C) OUTSIDE STOMACH BLOCK

D) INSIDE STOMACH BLOCK

E) DOWN BLOCK

F) KNIFEHAND BLOCK IN BACK 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

*Step out w/ right leg into HORSE STANCE*

3 times **NO count:**

C) SIDE THRUST KICK (Stomach Level) - Turn

D) SIDE SNAP KICK (Stomach Level) – Turn

**KATA (Forms)**

A) Taikyoku (Review)

B) Heian Shodan “Peaceful Mind #1”

**KUMITE (Sparring)**

3-step Prearranged Sparring (NO count)

A) FACE PUNCH (Lunge Punch)

B) STOMACH PUNCH (Lunge Punch)

C) FRONT KICK (Stomach Level)