

Shawn Danaher's
CAMARILLO SHOTOKAN KARATE-DO



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)