



# Karate-do Yushin-juku

空 手 道 優 心 塾

## 7th Kyu (Blue Belt) Requirements

**Eligibility:** Minimum 10 class attendances after obtaining the 8th kyu (Red Belt)

### KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

1. Zenshin: Jodan jun-zuki → Chudan ren-zuki (*4-times*)  
Step-in: Upper forward-punch, Double chest-punches
2. Koshin: Age-uke → Chudan ren-zuki (*4-times*)  
Step-back: Rising-block, Double chest-punches
3. Zenshin: Chudan soto-uke → Chudan ren-zuki (*4-times*)  
Step-in: Middle outside-block, Double chest-punches
4. Koshin: Chudan uchi-uke → Chudan ren-zuki (*4-times*)  
Step-back: Middle inside-block, Double chest-punches
5. Zenshin: Chudan soto-uke → Kiba-dachi enpi-uchi (*4-times*)  
Step-in: Middle outside-block, Horse-stance elbow strike
6. Koshin: Kokutsu-dachi shuto-uke → Nukite (*4-times*)  
Step-back: Back-stance knife-hand block, Front-stance spear-hand attack
7. Zenshin: Chudan mae-geri → Jodan mae-geri (*2-sets, Turn & repeat*)  
Step-in: Middle front-kick & Upper front-kick combination

Migi kiba-dachi (*Right horse-stance*)

8. Zenshin: Yoko-keage (*4-times, Turn & repeat*)  
Step-in: Side-snap kick
9. Zenshin: Yoko-kekomi (*4-times, Turn & repeat*)  
Step-in: Side-thrust kick

### KATA (*Form*)

Heian San-dan (*"Peace-and-Tranquility #3"*)

### YON-HON KUMITE (*4-step Sparring*)

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|------------------------------------|-----|--|
| Jodan-zuki ( <i>face-punch</i> )   | vs. | Age-uke ( <i>rising-block</i> )          |
| Chudan-zuki ( <i>chest-punch</i> ) | vs. | Soto-uke ( <i>outside-middle-block</i> ) |
| Mae-geri ( <i>front-kick</i> )     | vs. | Gedan-barai ( <i>down-block</i> )        |