



Karate-do Yushin-juku

空 手 道 優 心 塾

8th Kyu (Red Belt) Requirements

Eligibility: Minimum 8 class attendances after obtaining the 9th kyu (Orange Belt)

KIHON (*Basics*)

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

1. Zenshin: Jodan jun-zuki (*4-times*)
Step-in: Upper forward-punch
2. Koshin: Age-uke (*4-times*)
Step-back: Rising-block
3. Zenshin: Chudan soto-uke (*4-times*)
Step-in: Middle outside-block
4. Koshin: Chudan uchi-uke (*4-times*)
Step-back: Middle inside-block
5. Zenshin: Gedan-barai (*4-times*)
Step-in: Down-block
6. Koshin: Kokutsu-dachi shuto-uke (*4-times*)
Step-back: Back-stance knife-hand block
7. Zenshin: Chudan Mae-geri (*4-times, Turn*)
Step-in: Middle front-kick
8. Zenshin: Jodan Mae-geri (*4-times, Turn*)
Step-in: Upper front-kick

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

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

KATA (*Form*)

Heian Ni-dan ("*Peace-and-Tranquility #2*")

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>font-kick</i>) | vs. | Gedan-barai (<i>down-block</i>) |