

## **Hachi (8<sup>th</sup>) Kyu Exam:**

**Kata:** Heian Shodan (Heian No. 1)

Move to the Kihon performance mark, facing sideways to the examiner.

### **Kihon:**

From **Yoi**, step in with:

#### **Hidari Gedan Barai; (Zenkutsu)**

(left side forward stance with low block)

#### Execute (3): **Chudan Oizuki; (Zenkutsu)**

(middle level punch, stepping forward in forward stance)

#### Execute (3): **Jodan Ageuke; (Zenkutsu)**

(upper level rising block, stepping back in forward stance)

#### Execute (3): **Chudan Soto Udeuke; (Zenkutsu)**

(middle level outside forearm block, stepping forward in forward stance)

#### Execute (3): **Chudan Shutouke; (Kokutsu)**

(middle level knife hand block, stepping back in back stance)

#### Execute (3): **Chudan Maegeri; (Zenkutsu)**

(middle level front snap kick, stepping forward in forward stance)

Change to **Kiba dachi** (Side stance –facing front)

#### Execute (2): **Chudan Yoko Keage; (Kiba)**

(middle level side snap kick, stepping to the side in side stance)

*Execute both left and right sides*

#### Execute (2): **Chudan Yoko Kekomi; (Kiba)**

(middle level side thrust kick, stepping to the side in side stance)

*Execute both left and right sides*

Return to the Kata performance mark.

### **Kumite:**

**Gohon Kumite** (basic 5 step sparring, by the examiner count)

Examinees face each other, bow, and adjust distance

Examiner designates who is the Attack side and who is the Defense side, as well as the Target – upper or middle.

Note: For safety, make sure you understand who is doing what before starting. If you're unsure about what is happening please stop and ask. The attacker should announce to the defender what the target and the technique are before the first attack of each set (e.g. – Jodan tsuki for stepping punch to the face). Make this announcement in a clear voice, not whispering or shouting.

Each examinee executes:

(1) set of (5) consecutive **Jodan Oizuki**

(upper level stepping punches)

(1) set of (5) consecutive **Chudan Oizuki**

(middle level stepping punches)

Examinees alternate attacking and defending as directed by the examiner.

Defense side blocks each incoming attack and executes a counterattack after the final attack of each set. The defender has his/her choice of blocking and counterattack techniques.

Use **Kiai** on your last attack and the counterattack of each set.