

## **Shichi (7<sup>th</sup>) Kyu Exam:**

**Kata:** Heian Nidan (Heian No. 2)

### **Kihon:**

Execute (3): **Jodan Oizuki; (Zenkutsu)**  
(stepping punch- face, stepping forward in forward stance)

Execute (3): **Jodan Ageuke>> Chudan Gyaku Zuki; (Zenkutsu)**  
(rising block followed by reverse punch- stomach, moving back in forward stance)

Execute (3): **Chudan Soto Udeuke>> Jodan Gyaku Zuki; (Zenkutsu)**  
(middle level outside forearm block followed by reverse punch- face, moving forward in forward stance)

Execute (3): **Chudan Shutouke; (Kokutsu)**  
(knife hand block, moving back in back stance)

Execute (3): **Jodan Maegeri; (Zenkutsu)**  
(front snap kick, moving forward in forward stance)

### **Mawate (Turn)**

Execute (3): **Chudan Mawashigeri; (Zenkutsu)**  
(roundhouse kick- stomach, moving forward in forward stance)

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

Execute (2): **Jodan Yoko Keage; (Kiba)**  
(side snap kick, stepping to the side in side stance)  
*Execute both left and right sides*

Execute (2): **Chudan Yoko Kekomi; (Kiba)**  
(side thrust kick, stepping to the side in side stance)  
*Execute both left and right sides*

### **Kumite:**

**Gohon Kumite** (basic 5 step sparring, without the examiner count)

Each examinee executes & defends against:

(1) set of (5) consecutive **Jodan Oizuki**  
(upper level stepping punches)

(1) set of (5) consecutive **Chudan Oizuki**  
(middle level stepping punches)