

SHOTOKAN
2000
KARATE



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7th KYU Yellow Belt

- 1 Triple Punch
- 2 Low Block, Reverse Punch, Low Block
High Block, Reverse Punch, Low Block (reverse)
- 3 Knifehand Block, Spearhand Strike
Knifehand Block, Spearhand Strike (reverse)
- 4 Front Kick, Reverse Punch
Side Kick, Reverse Punch
- 5 Roundhouse Head Kick Reverse Punch
Same
- 6 Heian Nidan
- 7 One Attack Sparring: Free style

Attack

- 1 Stepping Face Punch
- 2 Stepping Body Punch
- 3 Front Kick to the Body
- 4 Roundhouse Kick

Defense

- Any Block and Counter
- Any Block and Counter
- Any Block and Counter
- Any Block and Counter