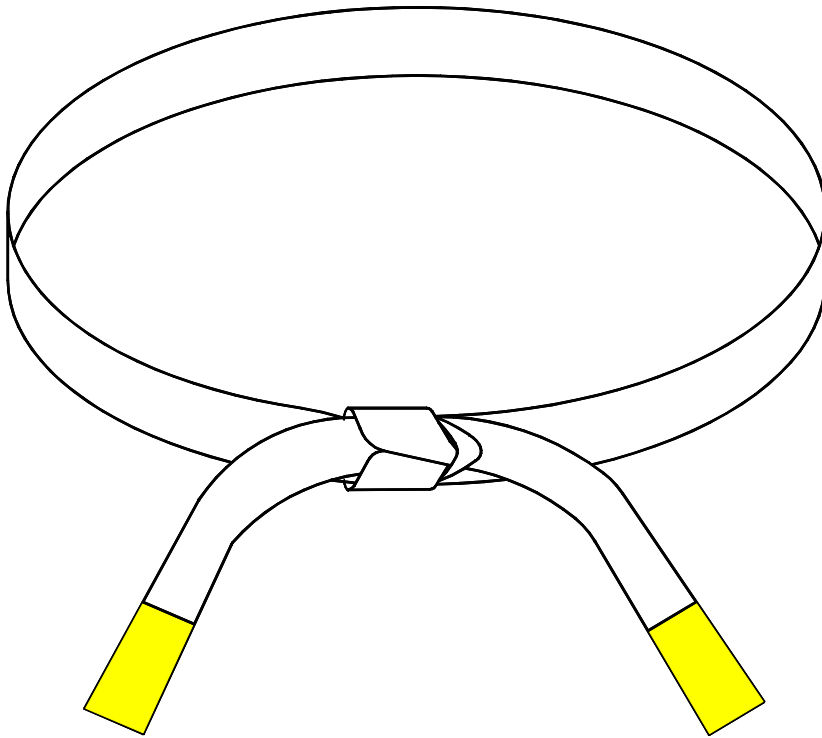


# 7<sup>th</sup> Kyu



志道館

1. Front kick, side kick, opposite leg
2. Front kick, roundhouse, opposite leg
3. Front kick, back kick, opposite leg
4. Front kick, step behind side kick, opposite leg
5. Front kick, step front roundhouse, same leg
6. Front kick, middle punch, kotekitae

## **KUMITE:**

1, 2, 3

## **KATA:**

Pinan Shodan

Pinan Nidan