8th Kyu to 7th Kyu Grading Guide

TACHI

Musubi-dachi
Soto-hachiji-dachi
Shiko-dachi
Moto-dachi
Zenkutsu-dachi
Neko-ashi-dachi
AND
Seiza/kiritsu (renzoku)

KIHON

Shiko-dachi Sei-ken choku-suki
Shiko-dachi Yoko-uke
Shiko-dachi Jodan-age-uke
Shiko-dachi Gedan-barai
Shiko-dachi Yoko-uchi
Mae-geri / yoko-geri / ushiro-geri / mawashi-geri
Mae-geri / mae-ashi mawashi-geri (x7)

IDO KIHON

Oi-suki
Gyaku-suki
Yoko-geri
Oi-geri

KATA

Heian Nidan
And 1 of 4:
Yotsu no kata dai ichi dosa
Yotsu no kata dai ni dosa
Yotsu no kata dai san dosa
Yotsu no kata dai yon dosa

BUNKAI KUMITE

Oi-suki jodan // neko-ashi-dachi otoshi-kentsui-uchi, moto-dachi gyaku-suki
Oi-geri, maete-suki jodan // gedan-barai, otoshi-kentsui-uchi, gyaku-suki
Oi-geri, maete-suki jodan // gedan-barai, jodan-age-uke, gyaku-suki
Oi-geri // shuto-barai, gyaku-suki