



7th Kyu Curriculum

Stances

- All Junior Stances

Blocks

- All Junior Blocks, and
- **Inward Low Block**

Strikes

- All Junior Strikes, and
- **Hooking Punch**

Leg Techniques

- All Junior Kicks, plus
- **Hooking Kick**, and
- **Back Kick**

Combination Drills

(Done on both sides starting in a Right Back Stance)

- Jam leading hand with back hand then do a front hand Back Fist. Move opponents' arm to the side then do a reverse Upset Punch/Palm Strike.
- Back leg Side Kick followed by same leg Stepping Side Kick

Release Drills

Double Shirt Grab - Ikkyo

- Snake one hand over one then under the other of your opponent's arms close to the wrist. Step forward and turn your opponent in the direction they came from.

Sparring

3 Step Sparring – **Chukyu Sanbon Kumite**

(2 Basic Moves – Done from both sides against 2 x Middle punch attacks and 1 Middle Front Kick using 2 x Palm Blocks, 1 x Inward Block

- Step back and block to open your opponent then counter with a front leg Middle Front Kick and a Reverse Punch Walking Stance
- Step back and block to close your opponent then counter by bring the front leg to the back leg then do a back-leg Back Kick then a Knife Hand Strike

Sparring –**Kumite**

Kata

- All Junior Kata, and
- **Chukyu Shodan**

Aiki Techniques

- Ukemi
 - Backward Roll
 - Forward Roll (standing)
- Knee walking (Shikko) & turning
- Irimi Tenkan
- Katatedori Ikkyo (Ai-Hanmi)
- Shomen Uchi Ikkyo
- Suwari waza kokyu ho

Grading Requirements

- Regular training (minimum 24 general classes and 6 months)
- Proven ability to line-up as directed, quickly and quietly and not talk unnecessarily during class
- Kata: Chukyu Shodan and a Junior Kata (Examiners Choice)
- Demonstrate Basic Kihon and 7th Kyu techniques as directed, plus
 - ROM Stretching – Front (from Walking Stance) and Side (from Horse Riding Stance)
 - 2 Rounds Basic Kumite
 - Front and side splits
 - Belt Tying
 - M70 + 15 x Pushups, 30 Second Plank and 15 x Squats (in under 3 Minutes)