

**SHINRI**  
KARATE SCHOOLS



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## RED BELT GOING FOR – 8<sup>th</sup> KYU ORANGE BELT

**Choku Zuki - Shizentai-Facing front**

**Gyaku Zuki - Zenkutsu Dachi-Both sides**

**Oi Zuki - Zenkutsu Dachi-Forward turn the same back**

**Age Uke - Zenkutsu Dachi-Forward turn the same back**

**Soto Uke - Zenkutsu Dachi-Forward turn the same back**

**Uchi Uke - Zenkutsu Dachi-Forward turn the same back**

**Shuto Uke (knife hand block) Kokutsu Dachi-Forward turn the same back**

**Mae Geri - Zenkutsu Dachi-Forward turn the same back**

### **Kumite**

**Gohon Kumite**

**5 attack sparring – Jodan, chudan and mae geri - 5 punches to the head, 5 punches to the mid section, 5 forward kicks. 5 Age uke, 5 Soto uke and 5 Gedan barai all going back. Plus any previous Kumite**

### **Kata**

**Heian Shodan**

**fast no count**

**Plus any previous Kata**