

Orange White Stripe 8th Kyu

Punches

- Basic Punching Drills
- Slide forward jab cross
- Slide forward 4 punches

Kicks

- Front kick
- Roundhouse kick
- Double Roundhouse kick
- Crescent Kicks
- Spinning Kicks (down room)
- Knees

Combinations

- 2 Punches, 2 Front kicks
- 2 Punches, 2 Roundhouse kicks
- 2 Punches, Right Front, Left Round
- 2 Punches, Right Round, Left Front
- Slide forward, 4 Punches, Right Roundhouse kick
- Slide forward, 4 Punches, Left Roundhouse kick
- Left front kick, 2 Punches, 2 Right Roundhouse kicks
- Left front kick, 2 Punches, 2 Left Roundhouse kicks
- Front Kick, Crescent Kick, Roundhouse Kick (moving forward)

Kata

- Shoshin Kata
- First 6 moves of Shoshin Kata with partner attacking

Sparring

- 4 Rounds of sparring