

7th Kyu

Blue Belt

Kata

- Taikiokyu 5
- Sukugi 1

Stances

- Kokutsu Dachi (Fighting Stance)
- Reverse Zenkutsu Dachi (Reverse Front Stance)

Kicks

- Hook Kick
- Ax Kick
- Scoop Kick

Blocks

- One Hand Parry Block
- Two Hand Parry Block
- Open Hand Block

Hand Forms

- Nukite (Spear Hand)
- Haito (Ridge Hand)
- Middle Knuckle Punch
- Index Knuckle Punch
- Claw



Strive to seize the initiative in all things, all the time guarding against actions stemming from selfish animosity or thoughtlessness.

- Sosai Masutatsu Oyama (Founder of Kyokushin-kai Karate)