

FSK Rank Requirements

7th Kyu (Blue Belt)

KIYON WAZA (Basic Techniques)

Show 6 basic stances:

Zenkutsu dachi	Kokutsu dachi	Neko Ashi Dachi	Kiba dachi	Heisoku dachi	Musubi dachi
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Te Waza (Hand Techniques)

- Punch in place from Horse stance (10 times x 3)
- Left leg forward Zenkutsu dachi with left hand extended, punch Gyaku Zuki and return to hand extended (10 times) then switch legs.

Waza (Technique)	Dachi (Stance)	Direction of movement
Oizuki	Zenkutsu	Forward
Oizuki	Zenkutsu	Backward
Soto Uke	Zenkutsu	Forward
Uchi Uke	Zenkutsu	Backward
Gedan Barai	Zenkutsu	Forward
Gedan Barai	Zenkutsu	Backward
Shuto Uke (Knifehand block)	Kokutsu (Back Stance)	Forward
Shuto Uke	Kokutsu (Back Stance)	Backward

Keri Waza (Kicking Techniques)

Waza (Technique)	Dachi (Stance)	Direction of movement
Mae Geri Jodan	Zenkutsu	Forward
Yoko Geri Keage Chudan	Kiba dachi	Forward
Yoko Geri Kekomi Chudan	Heisoku dachi	Forward
Mawashi Geri Chudan	Zenkutsu	Forward

KATA (Forms)

Heian Nidan	Bunkai (application) for two techniques
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KUMITE: Five Step Sparring (Gohon Kumite)

Age Uke	Uchi Uke	Soto Uke	Gedan Barai
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UKEMI (Rolling & Falling)

Kneeling Forward Roll (Standing optional)
Kneeling Back Roll

Self-Defense

Block Roundhouse head punch + wrap arm + palm strike to face + off balance opponent to the ground
Block roundhouse head punch + knee/foot stomp

ADDITIONAL

Demonstrate how to fold your do-gi

Demonstrate 2 abdominal core exercises and 2 leg strengthening exercises

Say the Dojo Kun in English