



Criteria for 7th, 6th, & 5th Kyu (1 Stripe, 2 Stripes, & Yellow Belt)

Minimum time requirement from last rank: 4 Months

Tachikata: Stances

- Mosubi Dachi: Attention Stance (7th Kyu/1 Stripe)
- Hachiji Dachi: Natural Stance/Number Eight Stance (7th Kyu/1 Stripe)
- Shiko Dachi: Square Stance (7th Kyu/1 Stripe)
- Kiba Dachi: Horse Stance (7th Kyu/1 Stripe)
- Neko Ashi Dachi: Cat Stance (6th Kyu/2 Stripes)
- Moto Dachi: Small Front Stance (6th Kyu/2 Stripes)
- Zenkutsu Dachi: Front Stance (6th Kyu/2 Stripes)

Uke: Blocks

- Jodan Age Uke: Rising Block (7th Kyu/1 Stripe)
- Chudan Soto Uke: Inner Forearm Block (7th Kyu/1 Stripe)
- Gedan Barai Uke: Down Block (7th Kyu/1 Stripe)
- Ude Uke: Outer Forearm Block (6th Kyu/2 Stripes)
- Shuto Uke: Knife Hand Block (5th Kyu/Yellow Belt)

Ate/Uchi: Strikes

- Seiken Zuki (Jodan, Chudan, Gedan): Fore Fist Punch (7th Kyu/1 Stripe)
- Tate Zuki: Vertical Fist Punch (7th Kyu/1 Stripe)
- Gyaku Zuki: Reverse Punch (6th Kyu/2 Stripes)
- Shuto Uchi: Knife Hand Strike (5th Kyu/Yellow Belt)

Keri: Kicks

- Mae Geri: Front Snap Kick (7th Kyu/1 Stripe)
- Mawashi Geri: Roundhouse Kick (7th Kyu/1 Stripe)
- Mikazuki Geri: Crescent Kick (7th Kyu/1 Stripe)
- Yoko Geri: Side Kick (6th Kyu/2 Stripes)
- Tobi Geri: Jump Kick (5th Kyu/Yellow Belt)

Fighting Techniques:

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|-----------------------|------------------------|--------------------------|
| #1 (7th Kyu/1 Stripe) | #2 (6th Kyu/2 Stripes) | #4 (5th Kyu/Yellow Belt) |
| | #3 (6th Kyu/2 Stripes) | #5 (5th Kyu/Yellow Belt) |

Self Defense Techniques:

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|-----------------------|------------------------|--------------------------|
| #1 (7th Kyu/1 Stripe) | #2 (6th Kyu/2 Stripes) | #4 (5th Kyu/Yellow Belt) |
| | #3 (6th Kyu/2 Stripes) | #5 (5th Kyu/Yellow Belt) |

Kata

- Yosno Kata 1: Form of Four 1 (6th Kyu/2 Stripes)
- Yosno Kata 2: Form of Four 2 (5th Kyu/Yellow Belt)
- Yosno Kata 3: Form of Four 3 (6th Kyu/2 Stripes)
- Yosno Kata 4: Form of Four 4 (5th Kyu/Yellow Belt)