

**VICTOR YOUNG'S**  
**GANBARE SHOTOKAN KARATE-DO OF PRESCOTT**

**7th Kyu – Blue Belt Requirements**

**KIHON**

**5 Times each side**

Jab & Reverse punch in forward stance - Step back with right leg, down block into forward stance and reverse punch

**Hand techniques** Moving forward & backward - Step back with right leg, down block into forward stance

**5 times each without count**

- A. Lunge punch to mid level
- B. Lunge punch to face level
- C. Rising block
- D. Outside stomach block
- E. Inside stomach block
- F. Down Block
- G. Knifehand block in back stance
- H. Knifehand block, Spear hand thrust (A test only)

**Kicking techniques** Moving forward, turn & back - Step back with the right leg  
Down block in forward stance

**5 times each without count from kamae:**

- A. Front snap kick mid level (turn)
- B. Front snap face level (turn)
- C. Front thrust kick middle level (turn)
- D. Roundhouse kick middle level (turn and finish)

**Step forward w/ right leg into horse stance**

**3 times each without count:**

- A. Side thrust kick middle level (turn)
- B. Side snap kick middle level (turn & finish)

**KATA**

Heain Nidan (Heain # 2) Must review Heain 1

- A. Must know application for A test

**KUMITE**

**3 Step prearranged sparring ... no count**

- A. Lunge punch face level
- B. Lunge punch stomach level
- C. Front kick to stomach level