

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

**8th Kyu – Orange Belt Requirements**

**KIHON**

- Know the Dojo Kun (B test only)

5 Times Reverse Punch in Forward Stance, Left & Right Side

**Hand Techniques** Moving forward & backward (no turns) - Step back w/ right leg and Down Block in Forward Stance

**5 times each without count: (by count for B test)**

A. Lunge punch to middle level

B. Rising block

C. Outside stomach block

D. Inside stomach block

E. Down block

F. Knifehand block in Back Stance

**Kicking Techniques** Moving forward, turn & back - Step back w/ right leg and Down Block in Forward Stance

**5 times each without count: (by count for B test)**

A. Front snap kick middle level (turn)

B. Front snap kick face level (turn & finish)

**Step forward w/ Right Leg into Horse Stance**

**3 times each without count: (by count for B test)**

A. Side thrust kick middle level (turn)

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

**KATA-**

Heian Shodan (Heian #1) Must Review Taikyoku Shodan

A. Must know application for A test

**KUMITE-**

**3 Step Prearranged Sparring... no count**

A. Lunge punch to face level

B. Lunge punch to stomach level

C. Front snap kick to stomach level