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Basics - Beginner

| Yellow - 9 th Kyu | Orange - 8 th Kyu | Green -7 th Kyu |
|--|---|---|
| Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi Blocks Age Uke Chudan Uke Gedan Barai Punches Seiken Gyaku Zuki Uraken Kicks Mae Geri One Step Sparring Sparring Bunkai Kata | Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi Blocks Age Uke Chudan Uke Gedan Barai Punches Seiken Gyaku Zuki Uraken Kicks Mae Geri Mawashi Geri Yoko Geri One Step Sparring Sparring Bunkai Kata | Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi Blocks Age Uke Chudan Uke Gedan Barai Punches Seiken Gyaku Zuki Uraken Kicks Mae Geri Mawashi Geri Yoko Geri One Step Sparring Sparring Bunkai Kata |