

## **Uekf Syllabus 7<sup>th</sup> Kyu**

### **Kata**

Pinan Nidan

### **Blocks**

First 4 blocks

### **Kihon**

Maegeri Gyakuzuki

Yokogeri Gyakuzuki

Mawashigeri Gyakuzuki

Uramawashigeri Gyakuzuki

### **Pairs**

Hokei Kumite 1 (8 years and above)

菩提心会

