

Kosho-kai Karate Dojo
Standards for Shichikyu - Orange Belt

Improved performance of all previous standards

Completion of orange belt history sheet

Kihon Waza:

Ukemi waza (breakfall techniques)
- front, back, side, chugari, tsutemi

Waza:

Ippon Kumite Kata 3 - 4

Taezu Naru Waza 1

Juho waza (soft method techniques)

- Hair grab
- Collar grab

Kata:

Taikyoku ni
Taikyoku san

Undo:

Rice hand exercise