



Hakuba Wadoryu 7th Kyu Syllabus. Orange Belt

7th KYU 七級

Commands for 7th Kyu & above will be in Japanese.

KIHON-WAZA 基本技

1. Junzuki-no-tsukkomi
2. Gyakuzuki-no-tsukkomi
3. Mawashigeri-chudan

RENRAKU-WAZA 連絡技

1. Maegeri-chudan – Mawashigeri-chudan – Gyakuzuki-chudan
2. Surikomi-maegeri-chudan – Mawashigeri-chudan – Gyakuzuki-chudan

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Gohonme (chudan soto-uke - maegeri - gyakuzuki), Ropponme (chudan uchi-uke - empi)

KATA 形

1. Pinan Nidan