

7th Kyu
(Monthly Grading Tests)

1	Migi-hanmi-Kamae & Hidari-hanmi-Kamae
2	Seiza-ho & Shikko-ho
3	Koho-ukemi
4	Zenpo-kaiten-ukemi or Forward roll
5	Tanto-soho 1-8
6	Uraken-uchi Hiriki-no-yosei (1)(2) with Tanto
7	Uraken-uchi Tai-no-henko (1)(2) with Tanto
8	Kata-oshi/Body-push Sokumen-irimi-nage
9	Shomen-geri Sokumen-irimi-nage