

Genbukai Canada
7th kyu grading requirements
Orange belt

STANCES

Attention stance	Heisoku Dachi
Cat stance	Neko Ashi Dachi
Forward stance	Zenkutsu Dachi
Open-Leg stance	Soto Hachiji Dachi
Square stance	Shiko Dachi
Straddle stance	Naifanchi Dachi

BLOCKS

Inside centre block	Yoko Uke
Knifehand block	Shuto Uke
Lower block	Harai Uke
Outside centre block	Yoko Uchi Uke
Rising/Upper block	Age Uke

HAND TECHNIQUES

Lunge punch	Oi Tsuki
Reverse punch	Gyaku Tsuki
Straight punch	Choku Tsuki

LEG TECHNIQUES

Front snap kick	Mae Geri
Roundhouse kick	Mawashi Geri
Side thrust kick	Yoko Geri Kekomi

KUMITE

One-step sparring	Kihon Ippon Kumite
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KATA

Kihon Kata
Pinan Ni Dan
Pinan Sho Dan (new for this level)