

Open Sky Kids Test #7

BROWN BELT TEST

Tsuki techniques:

1. Kokyu nage
2. Ikkyo, omote & ura. Tenshin movement begins technique.

Shomen strike techniques:

1. Kaiten nage
2. Kotegaeshi

Yokomen strike techniques:

Irimi nage: 3 ways

1. Entering strongly with ikkyo movement.
2. Tenshin, step behind
3. Tenshin, tenkan throw

Ukemi demonstration:

Teacher calls it. Be prepared to demonstrate the ukemi for all the techniques listed above.