

7th Kyu
(Monthly Grading Tests)

1	Migi-hanmi-Kamae
2	Hidari-hanmi-Kamae
3	Seiza-ho
4	Shikko-ho
5	Zenpokaiten-Ukemi
6	Koho-Ukemi
7	Tai-no-henko (1) – Sotai-dosa
8	Tai-no-henko (2) – Sotai-dosa
9	Hiriki-no-yosei (1) – Sotai-dosa
10	Hiriki-no-yosei (2) – Sotai-dosa
11	Shumatsu-dosa (1) – Sotai-dosa
12	Shumatsu-dosa (2) – Sotai-dosa
13	Kata-mochi Nikajo-osae (1)
14	Katate-mochi Nikajo-osae (2)
15	Kata-mochi Nikajo-nage Renzoku