

7th Kyu — Red Belt

BEGINNER GRADES | Technical examination standard

Objective

Combine punches and kicks while moving.

Required techniques

Lead/rear hook; roundhouse both sides; lead pivot; advance and retreat with punches.

Mandatory combinations

- Jab–Cross–Lead Hook
- Jab–Cross–Rear Roundhouse
- Double Jab–Cross–Lead Hook
- Lead Front Kick–Jab–Cross
- Jab–Cross–Lead Hook–Rear Roundhouse

Defensive application

Parry, hook cover, Knee Block retreat from kick.

Practical examination

Five combinations; 2 × 90-second pads; three defensive drills.

Knowledge and conduct

Target selection, distance and contact control.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.