



**CTK BLUE BELT TO CTK GREEN BELT  
(8TH KYU – 7TH KYU)**

**Kihon: (Basic Techniques)**

**From Zenkutsu Dachi (Forward Stance):**

**4 forwards, turn, 4 forwards**

- 1. Oi Zuki (Lunge Punch)**
- 2. Age-Uke (Rising Block)**
- 3. Soto-Uke (Outside Block)**
- 4. Uchi-Uke (Inside Block)**
- 5. Gedan-Barai (Low Block)**

**From Kokutsu Dachi (Back Stance):**

**4 forwards and backwards**

- 1. Shuto Uke (Knifehand Block)**

**From Kiba Dachi (Side Stance):**

**4 forwards, turn, 4 forwards**

- 1. Yoko Geri Keage (Side Snap Kick)**
- 2. Yoko Geri Kekomi (Side Thrust Kick)**

**Kata and Bunkai:**

**Heian Nidan**