**7 KYU (white belt with a yellow stripe)**

Exam can be taken only after the athlete has exercised for at least 3 months

1. **IGF history**
2. **Etiquette**
   1. Greet while standing (Ricu rej)
   2. Greet while kneeling (Dza rej)
   3. Meditation – focus, calming down (Mokuso)
3. **Kimono (Gi) folding**
4. **Belt (Obi) tying**
5. **Stances (Šisej)**
   1. Main attack stance (Šisentaj)
   2. Right attack stance (Migi šisentaj)
   3. Left attack stance (Hidari šisentaj)
   4. Main defense stance (Džigotaj)
   5. Right defense stance (Migi džigotai)
   6. Left defense stance (Hidari džigotai)
6. **Holds – (Kumikata)**

Taking the exam with kimono-GI Taking the exam without kimono-NOGI

* 1. Holding on a sleeve and lapel - Holding on a hand while the other hand passes

through an armpit

* 1. Holding on lapels - Holding on the neck with both hands
  2. Holding on sleeves - Holding on both hands
  3. Holding on a sleeve and the belt - Holding on the hand and hugging the waist
  4. Holding on a sleeve and the back of the collar - Holding on the hand and the neck
  5. Holding on the pants - Holding on the leg
  6. Holding on a sleeve and pants - Holding on a hand and a leg
  7. Holding on a lapel and pants - Holding on the neck and a leg

1. **Putting another person out of balance (Kazuši) – four directions.**
2. **Movement on the tatami (Šintaj)**
   1. In a regular step (Ajumi aši)
   2. Frequent stepping forwards and backwards (Cugi aši)
   3. Side stepping (Curi aši)
   4. Rotations, turns (Tai sabaki)
3. **Falling technique (Ukemi vaza)**
   1. Falling forwards on hands (Zempo ukemi)
   2. Falling backwards (Uširo ukemi)
   3. Falling sideways (Joku ukemi)
   4. Rolls forwards, backwards, over a shoulder (Maja ukemi)
4. **Throwing technique (Nage vaza) - 2**
5. **Control techniques (Osae komi vaza) - 1**
6. **Take-downs from a ground position - 2**
7. **Joint lock techniques (Kansecu vaza) - 2**
8. **Strangulation techniques (Shima vaza) - 1**
9. **General physical form**
   1. Push-ups - 10
   2. Bends (while raising hands and feet at the same time) - 10
   3. Squats with jumps upwards - 10
   4. Pull-ups - 2
10. **Fights – 2 (two) 3 minute fights** (Wrestling fight – whoever manages to bring one down on the ground, take control either from above or from the back and successfully perform a joint lock or a strangulation technique)

The examiner may order to wrestle from specific positions and situations (e.g. from a stance position; from a kneeling position; a situation when one is sitting and the other is in a stance position; from a guard or mount position)