

6th KYU

(Green Belt)

KIHON

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
1	Zenkutsu Dachi	Gedan Barai		
a)		Oi Zuki	Fwd/Back	3
b)		Gyaku Zuki	Fwd/Back	3
c)		Ren Zuki	Fwd/Back	3
d)		Age Uke / Gyaku Zuki	Fwd/Back	3
e)		Uchi Uke / Gyaku Zuki	Fwd/Back	3
f)		Soto Uke / Gyaku Zuki	Fwd/Back	3
g)		Gedan Barai / Gyaku Zuki	Fwd/Back	3
2	Kokutsu Dachi	Shuto Uke		
		Shuto Uke / Nukite (Zenkutsu)	Fwd/Back	3
3	Zenkutsu Dachi	Gedan Barai / Kamae-Te		
		Mae Geri / Gyaku Zuki	Fwd/Back	3
4	Kiba Dachi	Gedan Barai / Kamae-Te		
		Yoko Geri Keage / Kekomi		3
5	Zenkutsu Dachi	Gedan Barai / Kamae-Te		
		Mawashi Geri / Gyaku Zuki		3
6	Zenkutsu Dachi	Shiho Uke		
		Tate Empi Uchi		4
		Otoshi Tetsui		4
		Yoko Uraken		4
7	Zenkutsu Dachi	Shiho Uke		
		Gyaku Soto Shuto Uchi		4
		Gyaku Haito Uchi		4
		Gyaku Keito Uchi		4

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場

KUMITE

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
1		Sanbon Kumite	Jodan / Chudan / Gedan	
2		Kihon Ippon Kumite		
a)		Jodan Zuki	Jodan	
b)		Chudan Zuki	Chudan	
c)		Mae Geri	Chudan	
d)		Yoko Geri	Chudan	
e)		Mawashi Geri	Chudan	

KATA

- a) Taikyoku Sandan
- b) Fu Kyu Kata Ichi
- c) Heian Nidan
- d) Heian Sandan