

# 6<sup>th</sup> KYU

(Green Belt)

## KIHON (renraku waza)

### Zenkutsu Dachi / Gedan Barai (4 steps forward & back)

- F – Oi Zuki Jodan / Oi Zuki Chudan / Oi Zuki Gedan / Sanbon Zuki
- B – Age Uke / Soto Uke / Uchi Uke / Gedan Barai / Gyaku Zuki
- F – Gyaku Zuki / Renzuki / Sanbon Zuki (no hands change) / Sanbon zuki (same start leg /arm)
- B – Age Uke (Gyaku Zuki) / Soto Uke (Gyaku Zuki) / Uchi Uke (Gyaku Zuki) / Gedan Barai (Gyaku Zuki)

### Shiho Waza

- Gedan Barai / Gyaku Zuki

### Kokutsu Dachi

- Forward : All Shuto Uke - Kirikeashi / Kaiten / Kaiten + Nukite (Z.dachi)
- Backward: Age Uke / Soto Uke / Uchi Uke / Gedan Barai + Renzuki (Z.d.)

### Zenkutsu Dachi / Gedan barai

- Maegeri / Mawashi Geri / Gyaku Zuki 3
- Maegeri / Yoko Kekomi / Gyaku Zuki 3
- Maegeri / Ura Mawashi Geri / Gyaku Zuki 3
- Maegeri / Ushiro Geri / Gyaku Zuki 3

## KATA

- Heian Nidan
- Heian Sandan
- Happo Taikyoku

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## KUMITE KIHON IPPON

- | <u>Attack:</u>     | <u>Block:</u>  |
|--------------------|--|
| • Jodan            | Age Uke / Gyaku Zuki / Uraken                                  |
| • Jodan            | 45° to left Age Uke / Mae Ashi Mawashi Geri / Gyaku Zuki       |
| • Jodan            | 45° to right Tate Shuto Uke / Gyaku Zuki / Kizami Zuki         |
| • Jodan            | Age Uke / Kirikiashi Maegeri / Tate Empi                       |
| • Chudan           | Soto Uke / Renzuki   |
| • Chudan           | 45° to left Uchi Uke/ Renzuki                                  |
| • Chudan           | 45° to right Shuto Uke / Kizami Geri / Nukite / Ren Shuto Uchi |
| • Chudan           | Soto Uke right leg forward / Yoko Empi / Gyaku Zuki            |
| • Maegeri          | Gedan Barai / Renzuki  |
| • Maegeri          | 45° to left Gedan Barai / Renzuki                              |
| • Maegeri          | 45° to right Gedan Barai / Renzuki                             |
| • Maegeri          | Sotoude Uke / Ren Haito Uchi                                   |
| • Mawashi Geri     | Jodan or Chudan Uchi Uke / Kirikiashi Maegeri / Gyakuzuki      |
| • Mawashi Geri     | Jodan or Chudan Uchi Uke / Ura Zuki / Sochin (Kata)            |
| • Mawashi Geri     | Morote Heiko Shuto Uke (Kiba Dachi) / Yoko Empi / Mawashi Empi |
| • Yoko geri kekomi | Soto Uke / Nage Waza / Gedan Zuki                              |
| • Yoko geri kekomi | Otoshi Uke / Kirikiashi - Osoto Gari / Fumikomi Gedan          |

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