

6th Kyu – Yellow Belt (1 Stripe)

Before attempting this grading, students must have trained at least 15 sessions for adults, and 25 sessions for juniors, since passing 7th kyu examination.

Grading students must understand the basic points and be able to correctly absorb instruction of karate techniques.

Grading Fee: \$20.00 (must be paid in full before the grading date)

<u>Kihon Waza</u>	<u>(Basic Techniques)</u>
Kiba-zuki chudan	Horse stance and punch- stomach
Kiba-zuki jodan	Horse stance and punch- face
Gyaku-zuki Uke	Reverse punch (1 face, 2 stomach, 3 stomach) and block (1 rising block, 2 outside block, 3 inside block)
Mae-geri	Front Kick
Yoko-geri Keage (Heisoku-dachi)	Side snap kick (closed feet stance)
Yoko-geri Kekomi (Heisoku-dachi)	Side thrust kick (closed feet stance)
Mawashi -geri	Round house kick
Kokutsu-dachi Shuto-uke, Zenkutsu-dachi Nukite	Back stance knife hand block - change to forward stance, spear hand thrust
<u>Ido Kihon Waza</u>	<u>(Basic Moving Techniques)</u>
Oi-zuki, to sono-uke, gyaku-zuki	Moving forward lunge punch; going back, block and reverse punch
Jodan-chudan niren zuki to sono-uke, gyaku-zuki	Face and stomach punch; going back, block and reverse punch
Sanren Zuki Zenshin Sagatte Sono Uke Gyakuzuki	Moving forward 3 punches - going back block and reverse punch
Mae-geri to sono-uke, gyaku-zuki	Moving forward front kick; going back, block and reverse punch
Mae-geri, jodan-zuki to sono-uke, gyaku-zuki	Front kick, face punch; going back, block and reverse punch
Kiba-dachi, Yori ashi, Yoko-geri, keage	Horse stance, feet together Side snap kick
Kiba-dachi Kosa Yoko-geri Kekomi	Horse stance - feet cross in front side thrust kick
Mawashi-geri to Sono Uke Gyakuzuki	Round house kick; going back, block and reverse punch
Kokutsu-dachi-Shuto-uke Zenshin	Back stance knife hand block

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<u>Kata</u>	
1. Heian Sandan	
Kumite	
Kihon Ippon Kumite	One-step attack (except round house kick + side thrust kick) Other side block, reverse punch
Shiai Kumite	
Basic hip Throw + Breakfall	