

## 6th Kyu – Yellow Belt (1 Stripe)

Before attempting this grading, suggested number of training sessions for students: 50 sessions for adults, and 70 sessions for juniors, since their last examination.

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

Grading Fee: \$25.00 (must be paid in full before the grading date)

<b><u>Kihon Waza</u></b>	<b><u>(Basic Techniques)</u></b>
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)
<b>Yoko-geri Kekomi (Heisoku-dachi)</b>	<b>Side thrust kick (closed feet stance)</b>
<b>Mawashi -geri</b>	<b>Round house kick</b>
Kokutsu-dachi Shuto-uke, Zenkutsu-dachi Nukite	Back stance knife hand block - change to forward stance, spear hand thrust
<b><u>Ido Kihon Waza</u></b>	<b><u>(Basic Moving Techniques)</u></b>
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
<b>Sanren Zuki Zenshin Sagatte Sono Uke Gyakuzuki</b>	<b>Moving forward 3 punches - going back block and reverse punch</b>
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
<b>Kiba-dachi Kosa Yoko-geri Kekomi</b>	<b>Horse stance - feet cross in front side thrust kick</b>
<b>Mawashi-geri to Sono Uke Gyakuzuki</b>	<b>Round house kick; going back, block and reverse punch</b>
<b>Kokutsu-dachi-Shuto-uke Nukite</b>	<b>Back stance knife hand block, spear hand thrust</b>
<b><u>Kata</u></b>	
Heian Sandan (with bunkai)	
<b><u>Kumite</u></b>	
Kihon Ippon Kumite	One-step attack (except round house kick + side thrust kick) Other side block, reverse punch
Shiai Kumite	
<b><u>Ukemi</u></b>	from standing, back, left, right, front breakfall, front shoulder roll, from standing-both sides (improved from 7th kyu)
<b><u>Throws</u></b>	Reaping throws, 1 leg take down, Basic hip Throw + Breakfalls