

6th KYU GREEN BELT

BASICS

<u>No</u>	<u>Technique</u>	<u>Procedure</u>
5	Gyaku Zuki	On the spot
5	Sanbon Zuki	Forward turn the same back
5	Age Uke	Forward and stepping back
5	Soto Ude Uke	Forward and stepping back
5	Uchi Uke	Forward and stepping back
5	Shuto Uke	Forward and stepping back
5	Gedan Barai	Forward and stepping back
5	Uraken Uchi	Forward turn the same back
5	Tettsui Uchi (as per Heian Shodan)	Forward turn the same back
5	Mae Geri Gyaku Zuki	Forward turn the same back
5	Yoko Geri Keage	Turn the same back
5	Yoko Geri Kekomi	Turn the same back
From Jiyu Dachi	- Uraken (Sliding forward) Gyaku Zuki (Sliding forward)	

KUMITE

Go Hon Kumite
Jodan, Chudan, Mae Geri

KATA

Heian Shodan

See pages 95 – 103

- Juniors to count
- Senior and full grades - no count (full Kata)
- Plus any previous Kata