



6th Kyu – Green Belt Test.

Minimum 6 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

	Junzuki (<i>Front Punch</i>)
	Kette Junzuki (<i>Kick - Front Punch</i>)
	Junzuki Tsukkomi (<i>Leaning Punch to the Head</i>)
	Kette Junzuki Tsukkomi (<i>Kick - Leaning Punch to the Head</i>)
	Gyakuzuki Chudan (<i>Reverse Punch Body</i>)
	Kette Gyakuzuki (<i>Kick - Reverse Punch Body</i>)
	Gyakuzuki Tsukkomi (<i>Leaning Reverse Punch</i>)
	Uraken (<i>Back Fist Head</i>)
	Tobikomizuki (<i>Step forward Jab Punch to the Head</i>)
	Sokuto Chudan (<i>Side Kick Body</i>)
	Ushirogeri Chudan (<i>Back Kick Body</i>)
	Nidan Geri (<i>Jumping Kick 2 Kicks</i>)

UKE WAZA – BLOCKS

	Jodan Uke (<i>Head Block</i>)
	Gedan Barai (<i>Lower Block</i>)
	Soto Uke (<i>Outer Block</i>)
	Uchi Uke (<i>Inner Block</i>)
	Shuto Uke (<i>Knife Block in Back Stance</i>)

RENRAKU WAZA - SHORT COMBINATIONS

	Surikomi Maegeri Chudan - Kiai (<i>One Step Front Kick Body - Shout</i>)
	Ayumiashi Maegeri Chudan - Kiai (<i>Full Step Forward - Front Kick Body - Shout</i>)

RENRAKU WAZA – LONG COMBINATIONS

	Tobikomizuki Jodan / Gyakuzuki Chudan – Maegeri Chudan - Mawashigeri Chudan - Sokuto Chudan - Gyakuzuki Chudan - Kiai <i>(Skip Jab Punch head / Reverse Punch Body – Front Kick Body – Round Kick Body – Side Kick Body – Reverse Punch Body – Shout)</i>
	Surikomi Maegeri Chudan – Mawashigeri Chudan – Ushirogeri Chudan – Gyakuzuki Chudan – Kiai <i>(One Step Front Kick Body – Round Kick Body – Back Kick Body – Reverse Punch Body – Shout)</i>
	Mawashigeri Chudan – Ushirogeri Chudan – Uraken Jodan – Gyakuzuki Chudan – Kiai <i>(Round Kick Body - Back Kick Body - Back Fist Head - Reverse Punch Body – Shout)</i>

KATA LIST 1 (*Panel Will Pick 1*)

	Pinan Nidan or Pinan Shodan
	1.

GRADE KATA (*The Student Must Complete This Kata*).

	Pinan Sandan
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PAIR WORK

	Kihon Gumite – 1
	Ohyo Gumite – 1

SELF DEFENCE (*To Be Shown With Power, Control and Good Technique*)

	1 From a Punch.
	1 From a Kick.
	1 Take down.

	JI YU KUMITE – (<i>Free Fighting / Sparring</i>) (<i>Please Bring Sparring Kit</i>)
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NOTES - COMMENTS.