

6th Kyu (Green Belt)



UKE WAZA (BLOCKS)

Gedan Barai-Gyakuzuki----Lower Block/Sweep &
Reverse Punch

Age-uke-Gyakuzuki-----Rising Block & Reverse Punch

Uchi-uke-Gyakuzuki-----Inside Block & Reverse Punch

Soto-uke- Gyakuzuki-----Outside Block & Reverse Punch

Shuto-Uke- Gyakuzuki-----Side of hand Block/Reverse Punch (Block in Back Stance)
(Three of each)

ZUKI WAZA (PUNCHES)

Oi-zuki-----Lunge Punch

Oi-zuki Sambon-----Lunge Punch/three Punch

Gyakuzuki/-----Reverse Punch

Kizami-Zuki-----Jab/Snap Punch

Kizami-Zuki Gyakuzuki-----Jab & Reverse Punch.
(Three of each)

KERI WAZA (KICKS)

Mae-geri keage-----Front Snap Kick

Mawashi-geri-----Roundhouse Kick

Yoko-geri-sokuto-kekomi-----Side Kick/Edge of foot/Thrust Kick

Ushiro-geri -----Back heel Thrust Kick

(The above in Zenkutsu-dachi -----Front Stance)

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

Yoko-geri-sokuto-keage-----Side Kick/Edge of foot/Snap Kick

(The above in Kiba-dachi-----Side Stance)

(Three of each)

KATA

Taikyoku – Shodan

Taikyoku – Sandan

Heian Shodan

New-Heian Nidan **(At least two of these)**

KUMITE (Sparring)

Sambon-Kumite-----Three Step.

Ippon-Kumite-----One Step.