

6th Kyu - Green Belt**Kihon (Basics):**

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

- 1 Jodan Oi Zuki (Stepping Punch Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 2 Chudan Gyaku Zuki (Reverse Punch Mid-Level), Chudan Choku Zuki (Straight Punch Mid-Level)
- 3 Age Uki (Rising Block Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 4 Kizami Zuki (Snap Punch), Jodan Oi Zuki (Stepping Punch Head Level)
- 5 Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance)
- 6 Chudan Mae Geri (Front Kick - Mid Level), Jodan Oi Zuki (Stepping Punch Head Level)
- 7 Chudan Yoko Geri Keagi - Kibi Dachi (Mid level Side Snap Kick in Straddle Stance), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 8 Chudan Yoko Geri Kekomi - Kibi Dachi (Mid level Side Thrust Kick in Straddle stance), Uraken Uchi (Back-fist Strike)

Combinations:

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

- 1 Sanbon Zuki -Jodan, Chudan, Chudan (Stepping Punch Head Level, Punch Mid-Level, Punch Mid-Level)
- 2 Age Uke (Rising Block Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level)
- 3 Soto Uke (Outside Block Mid-Level), Yoko Enpi Uchi- Kiba Dachi (Side Elbow Strike - Straddle Stance), Tetsui (Hammer-fist Strike)
- 4 Uchi Uke (Inside Block Mid-Level), Kizami Zuki (Snap Punch - Same Arm), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 5 Gedan Beri (Lower Block Lower-Level), Jodan Gyaku Zuki (Reverse Punch Upper-Level), Gedan Beri (Lower Block Lower-Level)
- 6 Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance), Gyaku Nukite- Zenkutsu Dachi (Reverse Spear Hand Strike in Front Stance), Chudan Choku Zuki (Straight Punch Mid-Level)
- 7 Chudan Mae Geri (Front Kick - Mid Level), Jodan Oi Zuki (Stepping Punch Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 8 Chudan Yoko Geri Kekomi (Mid level Side Thrust Kick), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level)
- 9 Jodan Mawashi Geri (Roundhouse Kick - Head Level),
- 10 Mikazuki Geri (Crescent Kick)

Kata:

Heian Sandan

Examiners choice of: Heian Nidan, Heian Shodan, Taikyoku Shodan

Kumite:

Ippon Kumite (1 Step Sparring)

Punches the attacker starts from Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

Kicks the attacker starts from Ryo-Gedan Beri - Hidari Zenkutsu Dachi (Double Lower Block in Left Front Stance).

Defender starts from Shizen tai (Natural Stance)

Kai - on Attack and Counter.

A variety of hand and leg techniques should be used in the counters. Finishing on a kick or snap technique is not permitted. The same block and counter should not be repeated on the same side.

Both students should complete the Jodan sequence before moving to the next attack.

Attack

Jodan Oi Zuki - Hidari (Left) x 2, Migi (Right) x 2
Chudan Oi Zuki - Hidari (Left) x 2, Migi (Right) x 2
Chudan Mae Geri - Hidari (Left) x 2, Migi (Right) x 2
Chudan Yoko Kekomi Geri - Hidari (Left) x 2, Migi (Right) x 2

Defence

Hidari (Left) x 2, Migi (Right) x 2
Hidari (Left) x 2, Migi (Right) x 2
Hidari (Left) x 2, Migi (Right) x 2
Hidari (Left) x 2, Migi (Right) x 2