

6th Kyu (Yellow to Green).

KIHON (BASICS).

- 1) Sanbon-Tsuki.
- 2) Age-Uke, Gyaku-Tsuki, Gedan Barai.
- 3) Soto-Uke, Gyaku-Tsuki, Gedan Barai.
- 4) Soto-Uke, Empi, Uraken.
- 5) Uchi-Uke, Kizami-Tsuki, Gyaku-Tsuki.
- 6) Shuto-Uke, Nukite, Shuto-Uke.
- 7) Mae-Geri Chudan, Mae-Geri Jodan.
- 8) Yoko-Geri-Keage, Yoko-Geri-Kekomi.

KATA.

Heian Sandan.

KUMITE.

Kihon Ippon Kumite. (Basic 1 Step Sparring)
2 x Jodan; 2 x Chudan - Right Side.