

6th Kyu Yellow Belt

Minimum 12-18 months consistent training to qualify

GENERAL KNOWLEDGE

Written Exam

FITNESS

Knuckle push-ups 40
Five finger push-ups 20
Crunches 30x 3
Squats 100
Jumping Squats 20

TACHIKATA (Stances)

Tsuruashi Dachi / Kake Dachi

UKE-WAZA (Blocks)

Juji Uke Gedan / Juji Uke Jodan / Shuto Jodan Uke

TZUKI & UCHI WAZA (Thrusts & Strikes)

Hiji Age Uchi / Hiji Oroshi Uchi / Haito Mawashi Uchi / Haito Gedan Uchi

KERI WAZA (Kicks)

Hiza Gammen Geri / Jodan Mae Geri / Tobi Ushiro Geri

IDO GEIKO (Moving Basics)

All required Trusts, Strikes, Shuto and Kicks in Zenkutsu Dachi / Kokutsu Dachi / Kamae Dachi / Enoji Dachi / Sanchin Dachi / Kiba Dachi

RENRAKU

- 1) 45 Degrees Kiba Dachi: Hiji Chudan Ate, Uraken Sayu Uchi, Seiken Gedan Barai, Seiken Chudan Giyaku Tsuki
- 2) Sanchin Dachi: Yohon Uke (4 blocks)
- 3) Kamae Dachi: Seiken Oi and Gyaku Tsuki, Ushiro Geri /
- 4) Kamae Dachi: Seiken Oi and Gyaku Tsuki, Chudan Mae Geri, Jodan Mawashi Geri

KATA

Taikyoku Sono San Ura
Peenan Sono San, Yansu Kata

KATA BUNKAI (applications)

Peenan Ichi, Ni and San

KUMITE: 5 Rounds