



6th Kyu Syllabus

KIHON:

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|-----|-----------------------------------------------------|----|-------------|
| 1. | OI TSUKI
<i>single technique from Shizentai.</i> | | |
| 2. | SANBON TSUKI | x4 | forwards |
| 3. | AGE UKE, GYAKU TSUKI. Soto Uke no kamae | x1 | backwards |
| | SOTO UKE, YOKO EMPI, GYAKU TSUKI, Uchi Uke no kamae | x1 | backwards |
| | UCHI UKE, KIZAME TSUKI, GYAKU TSUKI, Gedan no kamae | x1 | backwards |
| | GEDAN BARAI, URAKEN, GYAKU TSUKI | x1 | backwards |
| 4. | repeat 2 starting right side | | |
| 5. | repeat 3 starting left side | | |
| 6. | MAE GERI REN GERI – chudan/Jodan (Jiyu Kamae) | x4 | forwards |
| 7. | SHUTO UKE, MAE ASHI MAE GERI, GYAKU NUKITE | x4 | backwards |
| 8. | YOKO GERI KEAGE (in kiba dachi) | x2 | turn & rpt. |
| 9. | YOKO GERI KEKOMI (in kiba dachi) | x2 | turn & rpt. |
| 10. | MAWASHI GERI - chudan | x4 | Mawatte |
| 11. | MAWASHI GERI- jodan | x4 | Mawatte |

KUMITE:

IPPON KUMITE – *Seme Waza:*
Oi Tsuki Jodan, Oi Tsuki Chudan, Oi Tsuki Chudan, Mae Geri

Uke Waza:
Age Uke, Soto Uke, Uchi Uke, Gedan Barai
with Gyakutsuki counters only.
(Left & Right Sides. Examiner to give first start command only)

KATA:

HEIAN SANDAN and TAIKYOKU SHODAN URA*