



Cadet 6th Kyu - Green belt:

KIHON:

Hold the Gyaku Tsuki, Empi or Nukite at the end of each set and move directly

1. Sanbon Tsuki x3 Mawatte & rpt
2. Age Uke, Gyaku Tsuki, x3 Forward/Backwards (no Gedan Barai)
3. Soto Uke, empi uchi x3 Forward/Backwards
4. Uchi Uke, Kizame Tsuki, Gyaku Tsuki x3 Forward/Backwards
5. Shuto Uke, nukite x3 Forward / Backwards
6. Mae ren geri (changing legs) x3 Mawatte & rpt
7. Yoko geri Keage x3 Mawatte & rpt
8. Yoko geri kekomi x3 Mawatte & rpt

KATA:

Heian Sandan

KUMITE:

Seme Waza: Oi Tsuki Jodan, Oi Tsuki chudan, Oi Tsuki chudan,

Uke Waza: Age Uke, Soto Uke, Uchi Uke, Gedan Barai with Gyaku Tsuki counters only

(Left side then right side start. Examiner to give first start command only)

