



6th Kyu Syllabus Green Belt

Criteria: Minimum 20 lessons

Zenkutsu Dachi

Oi-zuki

Gyaku Zuki

Jodan Age Uke - Gyaku Zuki

Soto Ude Uke - Gyaku Zuki

Uchi Ude Uke - Gyaku Zuki

Kokutsu Dachi

Shuto Uke

Zenkutsu Dachi

Mae Geri

Mawashi Geri

Kiba Dachi

Yoko Geri Keage

Yoko Geri Kekomi

Kumite: Sanbon Kumite (3-step)

Jodan, Chudan, Maegeri (No.1)

Kata: Heian Sandan

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