

7th to 6th Kyu grading - yellow to green belt

** new to this grade*

KIHON (basics) (no count)

oi-zuki chudan x 5

gyaku-zuki chudan x 5

age-uke, gyaku-zuki x 5

soto-uke, gyaku-zuki x 5

uchi-uke, gyaku-zuki x 5

shuto-uke (kokutsu-dachi), nukite (zenkutsu-dachi) x 5

Keri-waza (kicking techniques)

mae-geri chudan x 5

mae-geri jodan x 5

*mawashi-geri x 6 * (3, turn, 3)*

yoko-geri keage (kiba-dachi) x 6 (3 turn 3)

yoko-geri kekomi (kiba-dachi) x 6 (3 turn 3)

KUMITE (partner work) *sanbon-kumite* (3-step)

sanbon-kumite no.1

jodan oi-zuki - chudan oi-zuki - gedan oi-zuki
// age uke - soto-uke - gedan-barai - gyaku-zuki

sanbon-kumite no.2

jodan oi-zuki - chudan oi-zuki - mae-geri
// age uke - uchi-uke - gedan-barai (same arm 45 deg) - jodan kizami-zuki,
chudan gyaku-zuki

KATA (form)

*Heian Sandan **

6th Kyu grading - word list

Jodan	<i>Upper level</i>
Chudan	<i>Middle level</i>
Gedan	<i>Lower level</i>
Zenkutsu-dachi	<i>Front stance</i>
Kokutsu-dachi	<i>Back stance</i>
Kiba-dachi	<i>Horse-riding stance</i>
Oi-zuki	<i>Stepping punch (same side as leading leg)</i>
Gyaku-zuki	<i>Reverse punch (opposite to leading leg)</i>
Kizami-zuki	<i>Leading jab punch</i>
Nukite	<i>Spear hand</i>
Age-uke	<i>Rising block</i>
Soto-uke	<i>Outside block</i>
Uchi-uke	<i>Inside block</i>
Shuto-uke	<i>Knife-hand block</i>
Gedan-barai	<i>Lower-level block (sweep)</i>
Mae-geri	<i>Front kick</i>
Mawashi-geri	<i>Roundhouse kick</i>
Yoko-geri	<i>Side kick</i>
Keage	<i>Snap</i>
Kekomi	<i>Thrust</i>