



6th KYU - GREEN BELT

Commands during this examination will be given in English and Japanese

BASICS

No	Technique	Stance	Procedure
5	Age Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Soto Ude Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Uchi Ude Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Gedan Barai/Gyaku Zuki	Zenkutsu	Forward and back
5	Uraken Uchi/Gyaku Zuki	Zenkutsu	Forward and back
5	Shuto Uke	Kokutsu	Forward and back
5	Mae Geri	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back
3	Yoko Geri Kekomi	Kiba	Forward turn the same back
5	Mawashi Geri	Zenkutsu	Forward turn the same back

KUMITE

Kihon Ippon Kumite

Set 1

Full Grade Juniors and Seniors both sides no count
Intermediate grade 1 side only to count

KATA

Heian Sandan

Senior and full grade no count (full Kata)
Intermediate grade to count up to first Kiai (half Kata)

Plus any previous Kata (no count)