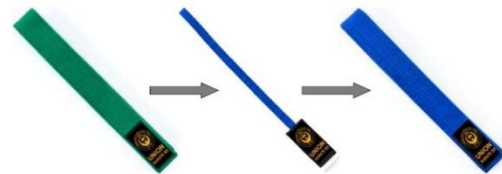




Blue Belt 6th Kyu



1 - SONABA KIHON: (Basic Techniques on the spot)

Shiko Dachi

Sando Sonoba Zuki – **1.1-** Jodan/Jodan, Chudan (Punch Head/Head, Body) **1.2-** Chudan/Chudan, Jodan (Punch Body/Body, Head) **1.3-** Gedan/Gedan, Naname (Lower Body/Lower Body, Diagonally)
Nido Uke Sonoba Zuki -**1.4-** Jodan Uke, **1.5-** Gedan Barai, **1.6-** Gaiwan Uke, **1.7-** Naiwan Uke (Double Block, Upper, Lower, Middle followed by Body Punch)

2 - SANDO SONABA KEKAESHI KERI WAZA: (Triple Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)

2.1- Sando Sonaba Geri – Maegeri/Maegeri, Mawashigeri, (Front/Front, Side), **2.2-** Mawashigeri/Mawashigeri, Sokutogeri, (Side/Side, Thrust), **2.3-** Maegeri/Mawashigeri, Sokutogeri, (Front, Side, Thrust), **2.4-** Mawashigeri, Sokutogeri, Ushirogeri, (Side, Thrust, Back)

3 - SANDO/ AYUMI ASHI KIHON: (Basic techniques moving forward X3)

Sando Junzuki Dachi (Forward Punching Stance x3) **3.1-** Sando, Jodan, Chudan, Chudan Zuki (Head, Body, Body) **3.2-** Jodan Uke, Nido Zuki, **3.3-** Gedan Barai, Nido Zuki, **3.4-** Gaiwan Uke, Nido Zuki, **3.5-** Naiwan Uke, Nido Zuki (Moving Forwards, Blocking Upper, Lower, Middle, 2 x Body Punches) **3.6-** Sando Gyakuzuki Jodan, Chudan, Chudan (Reverse Punch Head, Body, Body)
3.7- Shuto Uke – Mahanmi Neko Ashi Dachi (Knife Hand Block in Back Stance) Hanmi Gamae, (Fighting Stance), **3.8-** Hiji Uke – Jodan Uraken Uchi, (Elbow Block, Head Strike)

4 - RENRAKU WAZA: (Combination Techniques)

Hanmi Gamae, (Fighting Stance), **4.1-** Surikomi Maegeri Chudan, Surikomi Mawashigeri Jodan (Slide Back Foot Through to Body Front Kick, Slide Head Side Kick), **4.2-** Surikomi Mawashigeri Jodan, Surikomi Sokutogeri Kebanashi (Slide Back Foot Through to Head Side Kick, Slide Body Thrust Kick)

5 - OYO WAZA: (Pair Work)

5.1a- Number Seven – Tori Mi: Hiji Uke, Tetsui Uchi, Shuto Uchi, Kuzushi (Shiko Dachi, Elbow Block, Hammer Fist Strike, Knife Hand Strike, Unbalance the Opponent)

5.1b- Uki Mi: Junzuki Chudan (Straight punch to partner's body)

5.2a- Number Eight – Tori Mi: Jodan Gaiwan Uke, Ayumi Ashi Furiken, Kubiwa (Jodan Block, Swing Punch, Encircle the Neck)

5.2b- Uki Me: Junzuki Jodan. (Straight punch to partner's face)

6 - KATA: (Sequence of Techniques with Form)

5.1- Pinan Shodan and **5.2-** Pinan Sandan

7 - JI YU KUMITE: (Free Fighting) Two Exchanges

8 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

9 - TAMESHIWARI: Break the Red Board



ALL OF OUR GRADES ARE
NATIONALLY RECOGNISED

