

6th Kyu to 5th Kyu Grading Guide

TACHI & KAMAE

Musubi-dachi
Heiko-dachi
Soto-hachiji-dachi
Naihanchin-dachi
Shiko-dachi
Moto-dachi
Han-zenkutsu-dachi
Zenkutsu-dachi
Neko-ashi-dachi
Sanchin-dachi

KIHON

Sei-ken choku-tsuki
Yoko uke
Jyodan age uke
Gedan barai
Yoko uchi
Mae geri / yoko geri / ushiro geri / mawashi geri
Mae ashi mawashi geri (x10)

IDO KHON

Oi-tsuki
Gyaku-tsuki
Yoko-geri
Oi-geri

KATA

Heian Shodan
Shinsei

IPPON KUMITE

Nidan-zuki chudan / yoko-uke, kentsui:kote-uke, yoko-kentsui-uchi
'Shoulder-tap' / yoko-uke, mae-ashi-geri, gyaku-zuki
Oi-zuki / shuto-uke, yonhon-nukite
Nidan-zuki chudan / shuto-uke, yoko-uke, oi-geri, gyaku-zuki
Oi-zuki / yoko-uke, oi-geri, gyaku-zuki
Oi-zuki / hiji-sasae-uke, gyaku-zuki
Oi-geri, maete-zuki-jodan / gedan-barai, jodan-age-uke, gyaku-zuki