

6th Kyu to 5th Kyu Grading Guide

TACHI

Musubi-dachi
Soto-hachiji-dachi
Shiko-dachi

Moto-dachi
Zenkutsu-dachi
Kokutsu-dachi
Neko-ashi-dachi

KIHON

Shiko-dachi Sei-ken choku-suki
Shiko-dachi Yoko-uke
Shiko-dachi Jodan-age-uke
Shiko-dachi Gedan-barai
Shiko-dachi Yoko-uchi
Mae-geri / yoko-geri / ushiro-geri / mawashi-geri
Mae-geri / mae-ashi mawashi-geri (x10)
AND
Hiji ate goho

IDO KHON

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

KATA

Heian Shodan

IPPON KUMITE

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