



## **6th Kyu - Green Belt**

### **Kihon, Tsuki & Keri (Basic Techniques)**

1. Kette Junzuki.
2. Kette Junzuki No Tsukkomi
3. Kette Gyakuzuki.
4. Tobikomizuki.
5. Surikomi Mawashigeri Chudan.
6. Surikomi Sokuto Chudan.

### **Renraku Waza (Combination Techniques)**

1. Maegeri - Sokuto - Gyakuzuki.
2. Surikomi Maegeri - Sokuto - Gyakuzuki.

### **Kata (Form)**

- Pinan Shodan
- Pinan Sandan

### **Ohyo Gumite (Semi-Free Fighting)**

- Nihonme (2)