



Physical Requirements

6th Kyu, Second Green Belt

KIHON (Basics)

Blocks & Punches

Oi zuki (Lunge punch)	New
Gyaku zuki (Reverse punch)	Oi gyaku zuki (Lunging reverse punch)
Gedan uke (Down block)	Juji uke (X block)
Jodan age uke (Rising block)	Kakiwake uke (Spreading block)
Chudan soto ude uke (Outside block)	Haiwan uke (Back of arm block)
Chudan uchi ude uke (Inside block)	Osae uke (Pressing block)
Shuto ude uke; kokutsu dachi (Knife hand block; back stance)	
Morote uke (Augmented block)	

Strikes

Tettsui uchi (Hammer strike)	New
Yoko empi uchi (Side elbow strike)	Mae empi uchi (Forward elbow strike)
Uraken uchi (Back knuckle strike)	Hiza uchi (Knee strike)
Shihon nukite (Spear hand thrust)	

Kicks

Mae geri keage (Front snap kick)
Yoko geri keage (Side snap kick)
Yoko geri keage; kibatadachi (Side snap kick; straddle stance)
Ushiro geri kekomi (Back thrust kick)
Mae geri kekomi (Front thrust kick)
Yoko geri kekomi (Side thrust kick)
Yoko geri kekomi; kibatadachi (Side thrust kick; straddle stance)
Mawashi geri (Round kick)
Fumikomi geri (Stomping kick)

Mae geri keage, mae geri kekomi ashi okite (Alternating legs)
Mae geri keage, mawashi geri ashi okite
Mae geri keage, yoko geri kekomi ashi okite
Mawashi geri, ushiro geri ashi okite
Yoko geri keage, yoko geri kekomi; kabadachi ashi okite
Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri ashi okite

AWASE WAZA (Combined Techniques)

Formal Stance Combinations

Mae geri keage to oi zuki (Front snap kick to lunge punch)
Gyaku zuki to mae geri keage (Reverse punch to front snap kick)
Soto uke to yoko empi uchi (Outside block to side elbow strike)
Shuto uke to mae geri keage to shihon nukite (Knife hand block to front snap kick to spear hand thrust)
Uke to gyaku zuki (Any block to reverse punch)
Ren zuki (Double punch)

Fighting Stance Combinations (Fudo Dachi)

Kizami zuki (Jab)
Gyaku zuki (Reverse punch)
Kizami zuki to gyaku zuki (Jab to reverse punch)
Kizami zuki to step up mae geri keage (Jab to step up front snap kick)
Kizami zuki to step up mawashi geri (Jab to step up round kick)

KATA (Forms)

Heian Shodan (Peaceful Mind 1)	New
Heian Nidan (Peaceful Mind 2)	Heian Yondan (Peaceful Mind 4)
Heian Sandan (Peaceful Mind 3)	

KUMITE (Partnered Technique)

Sparring

Gohon kumite (Five-step sparring)

Sambon kumite (Three-step sparring)

Contact Self-Defense

Six techniques + one impromptu

TEST FEE = \$30