

GREEN BELT 6th Kyu (Rokekyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

performed backwards or forwards

KATA

- Heian Sandan

KUMITE

- Sanbon Kumite

Numbers 1 and 2 (Hidari / Migi)