

6th Kyu – Green
(Fifth Belt/Grade)

Minimum Training Time:
4 Months (16 Weeks)

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

ENGLISH

Tsuki Waza

Punches

1. Haito Uchi (Jodan) [BA]
2. Shuto Uchi (Jodan) [BA]
3. Mawashi Tettsui Uchi (Jodan) [BA]

1. Ridge Hand Strike (Head) [BA]
2. Knife Hand Strike (Head) [BA]
3. Round Hammer Fist Strike (Head) [BA]

Empi Uchi Waza

Elbow Strikes

1. Mawashi Empi Uchi (Jodan) [BA]

1. Round Elbow Strike (Head) [BA]

Keri Waza

Kicks

1. Ura Mawashigeri (Chudan) [FL]
2. Maegeri Keage (Gedan (*Kin*)) [BL]
3. Kokatogeri (Jodan) [BL]
4. Tobi Maegeri (Jodan) [BL]
5. Fumiko Sokuto (Hiza) [BL]

1. Hook (Back Roundhouse) Kick (Body) [FL]
2. Front Snap Kick (Low (*Groin*)) [BL]
3. Axe Kick (Head) [BL]
4. Jumping Front Kick (Head) [BL]
5. Stamping Side Kick (Knee) [BL]

Renraku Waza

Combination Techniques

1. Maegeri (Chudan) [BL]
 - Mawashigeri (Chudan) [BL]
 - Kokatogeri (Jodan) [BL]
 - Chokuzuki (Jodan) [FA]
 - Gyakuzuki (Chudan) [BA]
2. Tobi Nidan Geri (Jodan)
 - Gyakuzuki (Chudan)
 - Chokuzuki (Jodan)
3. Maegeri (Chudan)
 - Mawashigeri (Jodan)
 - Sokuto Yokogeri (Chudan)[Alt Legs]
 - Uraken (Jodan) [FA]
 - Mawashizuki (Jodan) [BA]
4. Renzuki Chokuzuki (Jodan)
 - Surikomi Maegeri (Chudan)
 - Gyakuzuki (Chudan)
 - Yoko Uraken (Chudan)

1. Front Kick (Body) [BL]
 - Roundhouse Kick (Body) [BL]
 - Axe Kick (Head) [BL]
 - Snap Punch (Head) [FA]
 - Reverse Punch (Body) [BA]
2. Jumping Scissors Front Kick (Head)
 - Reverse Punch (Body)
 - Snap Punch (Head)
3. Front Kick (Body)
 - Roundhouse Kick (Head)
 - Side Kick (Body)[Alt Legs]
 - Back Fist (Head) [FA]
 - Roundhouse Punch (Head) [BA]
4. Sliding Snap Punch (Head)
 - One Step Front Kick (Body)
 - Reverse Punch (Body)
 - Back Fist (Body)

Traditional

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| 1. Tobikomizuki (Jodan) | 1. Sliding Snap Punch (Head) |
| 2. Nagashizuki (Jodan) | 2. Sliding Twisting Snap Punch (Head) |
| 1. Junzuki (Chudan)
– Mawatte Jodan Uke | 1. Lunge Punch (Body)
– Turn Rising Head Block |
| 2. Gyakuzuki (Chudan)
– Mawatte Gedan Barai | 2. Reverse Punch (Body)
– Turn Downward Block |
| 1. Shuto Uke
(Mahanmi Nekoashi Dachi) | 1. Knife Hand Block
(Side Cat Stance) |
| 2. Gedan Barai
(Junzuki Dachi) | 2. Downward Block
(Lunge Punch Stance) |
| 3. Jodan Uke
(Junzuki Dachi) | 3. Rising Head Block
(Lunge Punch Stance) |
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Sanbon Gumite (Pairs)

1. Chudan Uchi Uke
– Empi
2. Chudan Soto Uke
– Maegeri
– Gyakuzuki

3 Step Fighting (Pairs)

1. Inside Body Block
– Elbow Strike
 2. Outside Body Block
– Front Kick
– Reverse Punch
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Ohyo Gumite (Pairs)

1. Ohyo Gumite Ipponme

Semi Free Fighting (Pairs)

1. Semi Free Fighting One
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Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan

Forms

1. Peaceful Mind Two
 2. Peaceful Mind One
 3. Peaceful Mind Three
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Jiyu Kumite (Light Contact with Protective Equipment)

Goshin Jutsu (X 4)

Makiwara
(2 X 2 Minutes)

Sparring (Light Contact with Protective Equipment)

Self Defence (X 4)

Pad Work
(2 X 2 Minutes)
