

# Green Belt -

## 6<sup>th</sup> Kyu

Technique	Stance	No.	Additional information
<b>Kihon (Basics)</b>			
Sanbon-Zuki (Stepping-3-punches)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn, same back
Age-Uke/Gyaku-Zuki/Gedan-Barai (Upper-rising-block/Reverse-punch/Downward-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Uchi-Ude-Uke/ Gyaku-Zuki/Gedan-barai (Inside-forearm-block /Reverse-punch/ Downward-block)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Shuto-Uke/Mae-Kizami-Geri/Nukite (Knife-hand-block/Front-leg-front-kick/Spear-hand-thrust)	Kokustu-Dachi (Back-stance) Zenkutsu-Dachi (Forward-stance)	3	Stepping forward and backwards
Ren-Mae-Geri (Jodan/Chudan (Double-Front-kick (upper and middle)))	Zenkutsu-Dachi (Forward-stance)	3	Turn, same back but Chudan/Jodan
Yoko-Geri-Keage (Side-snap-kick)	Kiba-Dachi (Straddle-leg-stance)	3	Stepping forward, turn same back
Yoko-Geri-Kekomi (Side-thrust-kick)	Kiba-Dachi (Straddle-leg-stance)	3	Stepping forward, turn same back
Mawashi-Geri (Roundhouse-kick)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn same back
<b>Kumite (Sparring)</b>	Kihon-Ippon-Kumite (1-attack-sparring)		Set 2 Attack Jodan, Chudan and Mae-Geri (both sides)
<b>Kata (Formal-exercise)</b>	Heian Sandan		Plus any previous Kata