

Grading Syllabus

6th Kyu

ORAL

- Ushiro-geri Hiza** – Back Kick to Knee
- Ushiro-geri Mawash Chudan** – Back Sweep Kick to Middle
- Ashi Barai** – Foot Sweep
- Ji-Yu Kumite** – Free Style
- Koshi** – Ball of Foot
- Uraken** – Back Hand Strike
- Nidan-geri Chudan** – Flying Forward Kick, middle area
- Yoko Tobi-geri Jodan** – Side Flying Kick, head area

KIHON, TSUKI & KERI

1. **Kette Junzuki**
2. **Kette Gyakazuki**
3. **Ushiro-geri Hiza**
4. **Ushiro-geri Mawash Chudan**
5. **Nidan-geri Chudan**
6. **Surikomi Sokoto Chudan**
7. **Tobikomizuki**
8. **Nagashizuki**

RENRAKU WAZA

1. **Mae-geri, Sokoto Chudan, Gyakazuki**
2. **Surikomi Sokoto Chudan, Ushiro-geri Hiza, Uraken Jodan**

SANBON-GUMITE

1. **Jodan Uke Ipponme (BoL)**
2. **Jodan Uke Nihonme (BoR)**
3. **Jodan Uke Sanbonme (BoR)**
4. **Jodan Uke Yonhonme (BoR)**

KATA

1. **Heian Nidan**
2. **Heian Sandan**

JI YU KUMITE

One by two minute round