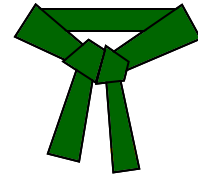


# 6<sup>th</sup> Kyu (Ro Kyu)

## Basic Techniques (1/2)



NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

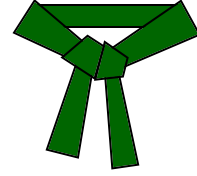
### BASIC TECHNIQUES

- MASUBI DACHI (formal attention stance)
- HEIKO DACHI (natural stance, feet parallel)
- KIBA DACHI (side facing horse stance)
- SHIKO DACHI (straddle or sumo stance)
- ZENKUTSU DACHI (front stance)
- SHOZENKUTSU DACHI (half-front stance; short Zenkutsu)
- KOKUTSU DACHI (back stance)
- SANCHIN DACHI (hourglass stance)
- HACHIJI DACHI (natural stance, toes slightly outward)
- AYUMI ASHI (natural stepping)
- TSUGI ASHI (shifting/shuffling step)
- MOVING IN STANCE
- TURNING IN STANCE
- STANCE DYNAMICS (balance, stability, strength, weight shifting, distance)
- JODAN UKE (head block – open- and closed-hand)
- CHUDAN UKE (chest block – open- and closed-hand)
- GEDAN UKE (down block – open- and closed-hand)
- SUKUI UKE (scooping block)
- HARAI UKE (sweeping block)
- UCHI UKE (inside forearm block)
- UDE UKE (dropping forearm or wing block)
- HIKI UKE (pulling/grasping open-hand block)
- JODAN TSUKI (head punch)
- CHUDAN TSUKI (chest punch)
- GEDAN TSUKI (down punch)
- OI TSUKI (lunge punch)
- GYAKU TSUKI (reverse punch)
- AGE TSUKI (uppercut punch)
- SHITA TSUKI (palm-up center punch)
- SHOTEI UCHI (palm heel strike)
- URA UCHI (backfist strike)
- TETSUI UCHI (hammerfist strike)
- HIJI ATE (elbow strike)
- MAROTE TSUKI (double punch)
- HIZA ATE (knee strike)
- MAI GERI (front kick)

# 6<sup>th</sup> Kyu (Ro Kyu) (2/2)

## Basic Techniques

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### BASIC TECHNIQUES, continued

- KAKATO GERI (stomping heel kick)
- USHIRO GERI (back kick)
- MAWASHI GERI (round-house or wheel kick)
- NAKANIMIKAZUKI GERI (inside hook kick)
- SOTOMIKAZUKI GERI (outside hook kick)
- KIRI KAESHI ("counter-cut" e.g., bent arm takedown reversal)
- TE WAZA DAI ICHI (first hand technique drill)

### KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1 &2)
- GEIKSAI KATA DI NI
- GEIKSAI KATA DI NI BUNKAI (1 &2)
- SAIFA KATA
- SAIFA KATA BUNKAI (1 &2)
- GOSHIN DO IPPON KUMITE (self-defense applications)

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS & PHRASES
- DOJO ETIQUETTE

APPROVED:

\_\_\_\_\_  
(HEAD INSTRUCTOR)

\_\_\_\_\_  
(DATE)