

6th Kyu Grading syllabus Body art 40Hrs

Movements

Forward and backward Ukemi(Breakfall)
Forward and backward Shikko(knee walking)
Tenkan (180 degree turn pivoting on front foot)
Back foot irimi tenkan (step forward then tenkan)
Front foot irimi tenkan (slide forward with front foot, then tenkan)
Shomenuchi (to attack partners centre of head with side of hand)
Yokomenuchi (to attack partners side of head with side of hand)
Chudantsuki (to punch to partners stomach)
Tsukiashi (slide forward, bringing hands up to defend)
Irimiahsi (step forward keeping on a narrow line)
Ayumiashi (step forward using a wider line)

Aihami Katatedori

Front foot irimi (slide front foot forward in front)
Back foot irimi (step behind)
Uchikaiten (step underneath arm)

Gakuhami Katatedori

Front foot irimi (slide front foot forward in front)
Back foot irimi (step forward in front)
Tenkan (190 turn)
Break the grip
Kaiten (front foot slides out, back foot slides in front, body turning away)
Uchikaiten (slide out and underneath arm)

Techniques

Aihami katatedori

Ikkyo (irimi & tenkan)
Nikkyo
Kotegashi
Shionage

Shiogeru (without boken)

Weapons

Boken
Shiogeru, Happogeri, 3 of Seven suburi

Ryote Dori

Sitting Kokyunage