

6th Kyu Grading Guidelines Min 40Hrs

Free standing movements

Ukemi	(forward and backward breakfall)
Shikko	(knee walking; forward and backward)
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 of hand)	(to attack partners centre of head with side
Yokomenuchi hand)	(to attack partners side of head with side of
Chudan tsuki	(to punch to partners stomach)
Tsugiashi)	(slide forward, bringing hands up to defend
Irimiashi	(step forward keeping on a narrow line)
Ayumiashi	(step forward using a wider line)

Partner Exercises

Aihanmi katatedori

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

Gyakuhanmi katatedori

Front foot irimi	(slide front foot forward in front)
Back foot irimi	(step forward in front)
Tenkan chudan	(180 turn)
Break the grip Kaiten front)	(front foot slides out , back foot slides in
Uchikaiten	(slide out and underneath arm)

Techniques

Aihanmi katatedori

Ikkyo (omote & ura)
Iriminage (chudan)
Kotegaeshi

Gyakuhanmi katatedori

Kokyunage (omote & ura)
Uchikaitenage
Sumiotoshi

Ryotedori

Suwari waza Kokyuhō

Weapons

Bokken

Shihogiri, (4 direction)

Happogiri (8 direction)

Jyo

Shomen

Kesa

Tsuki