

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)

Partner Exercises

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 (180 turn)
Break the grip
Kaiten (front foot slides out , back foot slides in front)
Uchikaiten (slide out and underneath arm)

Techniques

Aihami katate dori

Ikkyo (Omote and Ura)
Nikkyo
Kotegashi
Shionage

Gakuhami Katatedori

Kokyunage (Omote and Ura)
Uchikaitenage
Iriminage
Sumiotoshi
Shihonage

Ryote Dori

Sitting Kokyunage

Weapons

Boken

Shiogeri
Happogeri

Jyo

Shomen
Kesa
Tsuki