

6th Kyu Adult Grading Syllabus 2023

40 hours of training

Free standing movements

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| 1. Forward Ukemi | forward breakfall/roll |
| 2. Backward Ukemi | backward breakfall/roll |
| 3. Forward Shikko | knee walking forward |
| 4. Backward Shikko | knee walking backward |
| 5. Tenkan | 180° turn pivoting on front foot |
| 7. Back foot irimi tenkan | step forward then tenkan |
| 8. Front foot irimi tenkan | slide forward with front foot, then tenkan |
| 9. Shomenuchi attack | attack partners centre of head with side of hand |
| 10. Yokomenuchi attack | attack partners side of head with side of hand |
| 11. Chudan Tsuki | attack punch to partners stomach |
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Partner Exercises

Aihanmi Katatedori

1. Irimi (forward step) - omote
2. Irimi (forward step) - ura
3. Irimi (behind) - chudan
4. Irimi (behind) - jodan

Gyakuhanmi Katatedori

1. Tai no Henko
 2. Break the grip (Gedan, Chudan, Jodan)
 3. Irimi front
 4. Kaiten
 5. Uchikaiten
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Techniques

Aihanmi Katatedori

1. Ikkyo (omote & ura)
2. Iriminage (chudan)
3. Uchikaiten Nage

Gyakuhanmi Katatedori

1. Kokyunage (omote & ura)
2. Kokyuhō
3. Ikkyo (omote)
4. Uchikaiten Nage
5. Sumiotoshi

Ryotedori - Suwariwaza

Sitting Kokyuhō

Weapons

Bokken

Shihogeri 4 directions cut
Happogeri 8 directions cut

Jo

Shomen attack
Kesa attack
Tsuki attack