**Sixth Kyu – Green Belt**

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**BASICS**

**KIHON WAZA - Basic techniques**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Shuto Uke
5. Surikomi Maegeri Chudan
6. Surikomi Mawashigeri Chudan
7. Surikomi Sokuto Chudan
8. Uraken

**RENKEI WAZA - Combination techniques**

1. Maegeri Chudan, Sokuto Chudan, Gyakazuki Chudan
2. Tobikomizuki Jodan, Chudan Zuki, Maegeri Chudan

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke - Ipponme & Sanbonme
2. Chudan Uke - Ipponme & Sanbonme
3. Maegeri Uke - Ipponme & Sanbonme

**OHYO KUMITE – Semi-free fighting**

1. Ipponme

**KATA**

Pinan Shodan & Pinan Sandan

**JI YU KUMITE**