

Yellow Belt(6th Kyu)

6TH KYU

Stances

Tsurashi dachi Crane stance

Strikes

Uraken shomen ganmen uchi Back fist to front of face

Uraken sayu ganmen uchi Back fist to side of face

Uraken hizo uchi Back fist to spleen

Uraken oroshi ganmen uchi Back fist descending to face

Uraken mawashi ganmen uchi Back fist striking side of head

Nihon nukite 2 finger spearhand strike to eyes

Yonhon nukite 4 finger spearhand strike **Jodan/ Chudan**

Blocks

Seiken juji uke Crossed or X shaped block **Jodan/ Gedan**

Kicks

Gedan mawashi geri haisoku Low Round Kick with instep

Gedan mawashi geri chusoku Low Round Kick with Ball of the foot

Kansetsu geri Knee joint side kick

Chudan yoko geri sokuto Middle side kick with foot edge

Kata

Pinan sono ni Safety and security exercise