

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	(to attack partners centre of head with side of hand)
Yokomenuchi	(to attack partners side of head with side of hand)
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 foot slides out , back foot slides in front)
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 Kokyuho

Weapons

Bokken

Shihogiri, (4 direction)

Happogiri (8 direction)

Saito Sensei's 7 suburi

Jyo

Shomen

Kesa

Tsuki