

Roku (6th) Kyu Exam:

Kata: Heian Sandan (Heian No. 3)

Kihon:

Execute (3): **Oizuki Sanbon Zuki; (Zenkutsu)**

(1) Jodan, (2) Chudan

(Execute forward stepping punch to face, and without changing position punch twice to stomach, alternating hands)

Execute (3): **Jodan Ageuke>> Chudan Gyaku Zuki; (Zenkutsu)**

(rising block followed by reverse punch- stomach, stepping back in forward stance)

Execute (3): **Chudan Soto Udeuke>> Yoko Empi Uchi; (Zenkutsu>> Kiba)**

(outside forearm block stepping forward into forward stance, keeping the same side forward shift into side stance, executing horizontal elbow strike to the side with the forward arm)

Execute (3): **Chudan Shutouke>> Nukite; (Kokutsu>> Zenkutsu)**

(knife hand block stepping back into back stance, change to forward stance, executing spear hand from prior pulling arm position)

Execute (3): **Maegeri Rengeri; (Zenkutsu)**

(1) Chudan, (1) Jodan

(moving forward in forward stance and starting with the rear leg, execute 2 consecutive front snap kicks, first to stomach then to face)

Mawate (Turn)

Execute (3): **Mawashigeri; (Zenkutsu)**

(roundhouse kick- face, moving forward in forward stance)

Change to **Kiba dachi** (Side stance –facing front)

Execute (2): **Jodan Yoko Keage; (Kiba)**

(side snap kick, face, stepping to the side in side stance)

Execute both left and right sides

Execute (2): **Chudan Yoko Kekomi; (Kiba)**

(side thrust kick, stomach, stepping to the side in side stance)

Execute both left and right sides

Change to **Zenkutsu Dachi** (Forward stance)

Execute (3): **Chudan Maegeri>> Jodan Oizuki; (Zenkutsu)**

(front snap kick –stomach, stepping forward into forward stance and punch face from the kicking side of the body)

Kumite:

Kihon Ippon Kumite (basic 1 step sparring, no count)

Each examinee executes & defends against:

(2) Jodan Oizuki

(single stepping punch -face)

(2) Chudan Oizuki

(single stepping punch -stomach)