6 KYU-GREEN BELT

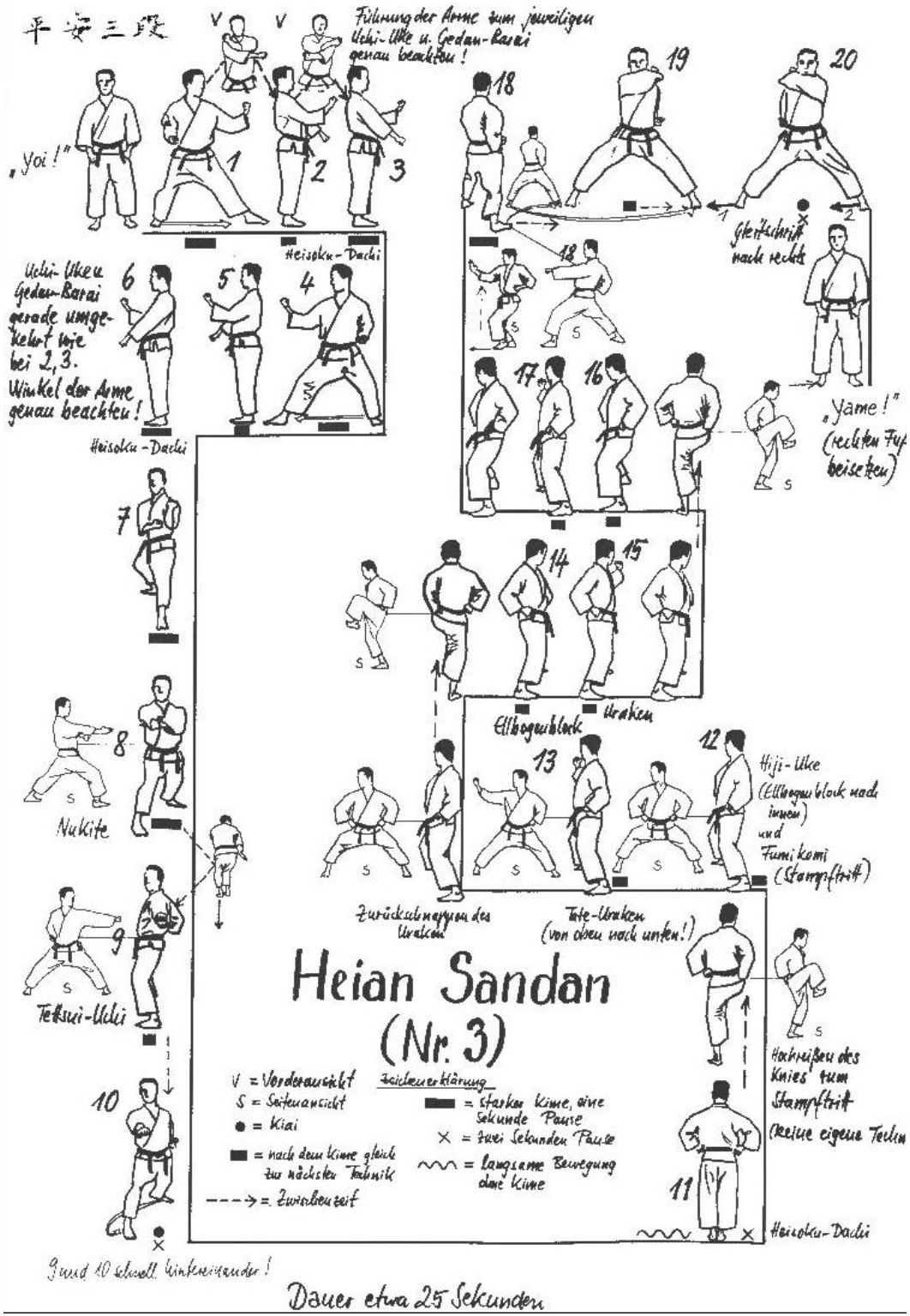
KIHON

1. Ren-tsuki, zkd
2. Age – uke/gyaku-tsuki, zkd
3. Uchi-uke/kizami-tsuki/gyaku-tsuki, zkd
4. Soto-uke/kizami-uraken-uchi/gyaku-tsuki, zkd
5. Shuto-uke/kizami-mae-geri/gyaku-nukite, kkd/zkd
6. Shuto-uchi, zkd
7. Yoko-empi-uchi, kbd
8. Mae-geri, zkd
9. Mae-ren-geri (jodan/chudan), zkd/hsd/zkd
10. Yoko-geri-keage, kbd
11. Yoko-geri-kekomi, kbd
12. Mawashi-geri, zkd
13. Ura-mawashi-geri, zkd
14. Ushiro-geri (back forward), zkd
15. Shiho-gyaku-tsuki, zkd

KATA: Heian-SANDAN

KUMITE: KIHON-IPPON-KUMITE:

TORI: Oi-tsuki jodan
Oi-tsuki chudan
Mae-geri chudan
Mawashi-geri jodan

UKE: Kontr. Gyaku-tsuki

Zkd-Zenkutsu-dachi
Kkd-Kokutsu-dachi
Kbd-Kiba-dachi
Hsd-Heisoku-dachi