

6th KYU YELLOW BELTS TAKING (GREEN BELTS)

**KIHON
SANBON ZUKI
AGE UKE-GYAKU ZUKI-GEDAN BARAI**

**SOTO UKE
UCHI UKE
NUKITE
GEDAN BARAI
URAKEN
SHUTO UKE**

**MAE GERI
KEAGE
KEKOMI
MAWASHI GERI**

**FROM KAMAE
MAE GERI - OI ZUKI - GYAKU ZUKI**

**KUMITE
KIHON IPPON KUMITE
1 JODAN
1 CHUDAN
1 MAE GERI**

**KATA
KIHON KATA
HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN**

5th KYU GREEN BELTS TAKING (PURPLE BELT)

**KIHON
SANBON ZUKI
AGE UKE-GYAKU ZUKI-GEDAN BARAI
SOTO UKE-GYAKU ZUKI-GEDAN BARAI
UCHI UKE-KIZAMI ZUKI-GYAKU ZUKI-GEDAN BARAI**

**NUKITE
GEDAN BARAI
URAKEN
SHUTO UKE**

**MAE GERI
KEAGE**

**KEKOMI
MAWASHI GERI**

**FROM KAMAE
MAE GERI - OI ZUKI - GYAKU ZUKI**

**KUMITE
KIHON IPPON KUMITE
1 JODAN
1 CHUDAN
1 MAE GERI
1 KEKOMI**

**KATA
KIHON KATA
HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YONDAN**

4th KYU PURPLE BELTS TAKING (PURPLE & WHITE BELT)

KIHON

SANBON ZUKI

AGE UKE-GYAKU ZUKI-GEDAN BARAI

SOTO UKE-GYAKU ZUKI-GEDAN BARAI

UCHI UKE-KIZAMI ZUKI-GYAKU ZUKI-GEDAN BARAI

SHUTO UKE-NUKITE

GEDAN BARAI -GYAKU ZUKI-GEDAN BARAI

URAKEN -GYAKU ZUKI-GEDAN BARAI

MAE GERI

KEAGE

KEKOMI

MAWASHI GERI

FROM KAMAE

MAE GERI - OI ZUKI - GYAKU ZUKI

MAWASHI GERI-URAKEN-GYAKU ZUKI

KUMITE

KIHON IPPON KUMITE

1 JODAN

1 CHUDAN

1 MAE GERI

1 KEKOMI

KATA

KIHON KATA

HEIAN SHODAN

HEIAN NIDAN

HEIAN SANDAN

HEIAN YONDAN

HEIAN GODAN

3rd KYU PURPLE & WHITE BELTS TAKING (BROWN BELT)

KIHON

SANBON ZUKI

AGE UKE-GYAKU ZUKI-GEDAN BARAI

SOTO UKE-GYAKU ZUKI-GEDAN BARAI

UCHI UKE-KIZAMI ZUKI-GYAKU ZUKI-GEDAN BARAI

SHUTO UKE-MAE GERI(FRONT LEG) NUKITE

GEDAN BARAI -GYAKU ZUKI-GEDAN BARAI

URAKEN -GYAKU ZUKI-GEDAN BARAI

MAE REN GERI

MAE GERI-MAWASHI GERI

KEAGE-KEKOMI

**FROM KAMAE
MAE GERI - OI ZUKI - GYAKU ZUKI
MAWASHI GERI-URAKEN-GYAKU ZUKI
KEKOMI-URAKEN-GYAKU ZUKI**

**KUMITE
KIHON IPPON KUMITE BOTH SIDES
1 JODAN
1 CHUDAN
1 MAE GERI
1 KEKOMI
1 MAWASHI**

**KATA
KIHON KATA
HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YONDAN
HEIAN GODAN
TEKKI SHODAN**

