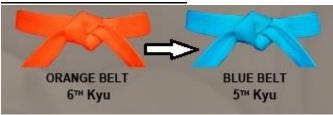


# SYLLABUS FOR 6<sup>th</sup> KYU



## **TECHNIQES**: Assume Forward Stance (Zenkutsu Dachi)

- 1. Back leg **inner crescent kick**, same leg **side kick**, forward stance **down**<sub>1</sub> block and reverse punch.
- 2. Back leg **inner crescent kick**, same leg **turning kick**, forward stance **down**<sub>1</sub> block and reverse punch.
- 3. Back leg **inner crescent kick**, turn around **back kick**, forward stance **down**<sub>1</sub> block and reverse punch.
- 4. Back leg **inner crescent kick**, same leg **hook kick**, forward stance **down**<sub>1</sub> block and reverse punch.
- 5. Back leg **outer crescent kick**, back leg **front kick**, forward stance **down**<sub>1</sub> block and reverse punch.
- 6. Back leg **outer crescent kick**, same leg **turning kick**, forward stance **down**₁ block and reverse punch.
- 7. Back leg **outer crescent kick**, back leg **side kick**, forward stance **down**<sub>1</sub> block and reverse punch.
- 8. Back leg **outer crescent kick**, back leg **turning kick**, forward stance **down**<sub>1</sub> block and reverse punch.

### **Stance (Dachi):**

Any stance may ask

### **Kicks (Geri):**

- 1. Back Kick front
- 2. Hook kick
- 3. Inner Cresson kick
- 4. Outer Cresson kick

#### Kata:

1. Hiyan Sandan

Note: A minimum of 4 months training is expected of a member between each promotion from the White Belt stage to the 4th Kyu, after which a 5 monthly interval is required before he/she is tested for the First Kyu. A minimum training period of 6 months is necessary from the 1st Kyu to the Black Belt Shodan







