



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



### TECHNIQUES: Assume Forward Stance (Zenkutsu Dachi)

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

