

6TH KYU GREEN BELT

PUNCHES / BLOCKS

- 1.KETTE JUNZUKI
- 2.KETTE GYAKAZUKI
- 3.TOBIKOMIZUKI (SLIDING SNAP PUNCH)
- 4.STEP FORWARD PALM HEEL
- 5.STEP FORWARD RIDGE HAND STRIKE

KICKS / COMBINATIONS

- 1.COMING FORWARD FRONT KICK ROUND KICK (SAME LEG) BACK FIST AND REVERSE PUNCH
- 2.COMING FORWARD FRONT KICK, SIDE KICK (SAME LEG) SNAP PUNCH AND REVERSE PUNCH
- 3.JUMPING SCISSORS FRONT KICK AND REVERSE PUNCH
- 4.HOOK KICK BACK LEG COMING FORWARD AND REVERSE PUNCH
- 5.COMING FORWARD OF THE BACK LEG, (ALTERNATE LEGS) FRONT KICK, ROUND KICK, BACK KICK, BACK FIST AND REVERSE PUNCH
- 6.SLIDING SNAP PUNCH REVERSE PUNCH ROUND KICK FRONT LEG

KICK DEFENCE

BAG WORK

SPARRING

KATAS; PINAN NIDAN, PINAN SHODAN, PINAN SANDAN

ANY TECHNIQUES FROM PREVIOUS GRADING MAY BE INCLUDED