

6th KYU

Kata:

Pinon 1
Sukugi 2

Stances:

1. Crane Stance
2. Squatting Crane
3. Soft Zenkutsu Dachi

Kicks:

1. Mae Tobi Geri (Fake Kick to a Jumping Maegeri)
2. Mawashi Tobi Geri (Fake Kick to Jumping Mawashi Geri)
3. Hon Mawashi Geri
4. Inverted Mae Geri

Falls:

1. Side
2. Front
3. Back

Hand Forms:

1. Dart
2. Half Fist
3. Hammer Fist
4. Finger Thrust

Must have attended at least 26 classes since last testing

Must be able to properly execute 10 push-ups

Must be able to tie own belt properly

Must execute all techniques in warm up correctly