

6th Kyu Adult Grading Syllabus 2023^{.11}

Body art minimum 40 hours of training

Free standing movements

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| 1. Forward Ukemi | forward breakfall/roll |
| 2. Backward Ukemi | backward breakfall/roll |
| 3. Forward Shikko | knee walking forward |
| 4. Backward Shikko | knee walking backward |
| 5. Tenkan | 180° turn pivoting on front foot |
| 7. Back foot irimi tenkan | step forward then tenkan |
| 8. Shomenuchi attack | attack partners centre of head with side of hand |
| 9. Yokomenuchi attack | attack partners side of head with side of hand |
| 10. Chudan Tsuki | attack punch to partners stomach |
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Techniques

Ai-hanmi Katatedori

1. Ikkyo (omote & ura)
2. Iriminage (chudan)
3. Kotegaeshi

Gyakuhanmi Katatedori

1. Kokyunage (omote & ura)
2. Kokyuho
3. Sumiotoshi
4. Uchikaitenage
5. Iriminage (chudan)
6. Kotegaeshi

Ryotedori - Suwariwaza

Sitting Kokyuho

Weapons

Bokken

Shihogeri 4 directions cut
Happogeri 8 directions cut

Jo

Shomen attack
Kesa attack
Tsuki attack