



Karate-do Yushin-juku

空手道優心塾

6th Kyu (Green Belt) Requirements

Eligibility: Minimum 10 class attendances after obtaining the 7th kyu (Blue Belt)

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan jun-zuki → Chudan ren-zuki (*4-times*)
Step-in: Upper forward-punch, Double chest-punches
- Koshin:** Age-uke → Chudan ren-zuki (*4-times*)
Step-back: Rising-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Chudan ren-zuki (*4-times*)
Step-in: Middle outside-block, Double chest-punches
- Koshin:** Chudan uchi-uke → Chudan ren-zuki (*4-times*)
Step-back: Middle inside-block, Double chest-punches
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow strike
- Koshin:** Kokutsu-dachi shuto-uke → Nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-stance spear-hand attack
- Zenshin:** Chu-dan mae-geri → Jodan mae-geri (*2-sets, Turn & Repeat*)
Step-in: Middle front-kick & Upper front-kick combination
- Zenshin:** Mawashi-geri (*4-times, Turn & Repeat*)
Step-in: Roundhouse-kick

Migi kiba-dachi (*Right horse-stance*)

- Zenshin:** Yoko-keage (*4-times, Turn & Repeat*)
Step-in: Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times, Turn & Repeat*)
Step-in: Side-thrust kick

KATA (*Form*)

Heian Yon-dan ("*Peace-and-Tranquility #4*")

KIHON IPPON-KUMITE (*Basic 1-step Sparring*)

- Jodan-zuki (*face-punch*) vs. Age-uke (*rising-block*) → gyaku-zuki
Chudan-zuki (*chest-punch*) vs. Soto-uke (*outside-middle-block*) → gyaku-zuki
Mae-geri (*front-kick*) vs. Gedan-barai (*down-block*) → gyaku-zuki