

6th Kyu (Green Belt) Grading Requirements

Approved: December 2018

Grading Information:

This grading is done in 2 parts.
Once you have completed part one you must pass part 2 within 12 months.
Each part should take 30 to 40 minutes to complete.

Part 1

Part one of the grading is all the Kihon (Basics)

Students **MUST** know the terminology for the "Stationary Basics" and the "Moving & Combination".
Terminology is **not required** for "Foot Shifting" "Body Shifting" and "Body Rotation" sections.

Every count in this section is worth 1 point

Pass Score as follows

Kihon: 80%

Part 2

Part two consists of Kata and Kumite.

Kata

- The Kata from previous grading is done once in your own time.
- Your New Kata is done twice to a count and twice in your own time.
 - Each movement or count done correctly scores 1 point
- **1 point off for:** Poor stance, poor technique, missing head turns, missing kiai, incorrect pace.
 - **5 points off for:** Missing a move, wrong move!
 - **10 points off for:** Restarting
 - **Automatic Fail:** Cannot complete a kata

Pass score: 80%

Kumite

- All Kumite sections are scored together, so if you are weak in one section you can make it up in another!

Pass score: 80%

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KIHON - Stationary Basics

The following in **Kiba Dachi**

Uke : Gedan Barai, Haiwan.

Tsuki : Choku.

Uchi : Uraken, Tetsui, Ushiro Empi, Haito.

The following in **Kamae:**

Keri : Hiza, Kin.

The following in **Yoko Kamae:**

Keri : Yoko Fumikeri.

The following in **Yoi Dachi:**

Keri : Fumikomi.

The following in **Chikaku Kamae:**

Uke : Hiza.

Tsuki : Tate, Kizami, Ura.

Uchi : Mae Uraken, Mawashi Empi,
Tip for Mawashi: Visualise your attacker standing inside your stance.

KIHON - Moving & Combinations

Zenkutsu Dachi:

- Jodan Uke, Gyaku Tsuki Forwards and backwards
- Soto Uke, Gyaku Tsuki “ “ “
- Uchi Uke, Gyaku Tsuki “ “ “

Tip for backwards direction: after your feet have come together, push the front foot into the ground at the same time you block to add power and speed.

Kamae:

- Mae Keri Forwards and backwards

Tip for backwards: Keep your foot low to the ground until you are balanced for the kick.

Kiba Dachi:

- Yoko Keri (Mae Kosa Dachi) Forwards only

Tip: Be sure your foot comes back towards you before going to ground!

KIHON – Ashi-Sabaki (foot shifting)

Zenkutsu Dachi:

- Back foot up, then extend front foot forward Gyaku Tsuki

Tip: As back foot comes up, pull the punching hand back, then punch as front foot extends.

Kamae:

- Extend front foot forward (Zenkutsu Dachi) Oi Tsuki
Back foot up (Kamae) Gyaku Tsuki

Tip: Imagine your hands are pulling your feet with a rope!

KIHON – Tenshin (body rotation)

Zenkutsu Dachi:

- Zenkutsu Dachi, Gyaku Tsuki.

KIHON – Tai-Sabaki (body shifting)

Zenkutsu Dachi:

- Soto Uke (Kokutsu Dachi - back foot moves)
Gyaku Tsuki (Zenkutsu Dachi – front foot moves)

Zenkutsu Dachi:

- Nagashi Uke (Kokutsu Dachi - back foot moves)
Gyaku Tsuki (Zenkutsu Dachi – front foot moves)

TIP: Shuffle sideways by first moving the back foot in line with the front foot to make a narrow stance, then step the front foot across in the same direction to widen your stance!

Practicing this will aid your “Kihon Ippon Kumite”

KATA (Forms)

Taikyoku Shodan, Heian Shodan.

- Focus on
- 1) Head turns.
 - 2) Arm placements on blocks.
 - 3) Fist placements and positioning
 - 4) Correct speed and power

BREAK FALL

Side break fall from kneeling position using a partnered tumble roll/throw

KIHON IPPON KUMITE (Basic One Step Fighting – No evasion)

Attacker: Oi Tsuki Chudan

Defender: 1) Kokutsu Dachi, Teisho Uke, Ashi Sabaki / Tenshin, Zenkutsu Dachi, Gyaku Tsuki
(Front foot finishes to the side of your opponent)

Tip: Similar action to your “**Kihon – Tai-Sabaki (Body Shifting)**” except for a forward shuffle in-between the block and punch.

IPPON KUMITE (One Step Fighting – With evasion)

- | | <u>Attack</u> | <u>Defend</u> |
|----|------------------|---|
| 1) | Oi Tsuki Chudan. | Kokutsu Dachi (forward 45°) Shuto Uke and open counter attack |
| 2) | Oi Tsuki Chudan | Zenkutsu Dachi (forward 45°) Uchi Uke and open counter attack |

Note 1: Never adjust your stance so that your counter attacks miss your partner. Always position your stance for maximum impact, and stop your counter attack before the impact.

Note 2: Tenshin (Body Rotation) on stances between block and counter

KAMAE IPPON KUMITE (One Step Fighting – From fighting positions)

Defenders note: Front foot shifting, back foot remains stationary

	<u>Attack</u>	<u>Defend</u>
1)	Open Jodan Tsuki	Any block, any counter

2)	Open Chudan Tsuki	Any block, any counter
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Defenders note: Back foot shifting, front foot remains stationary

	<u>Attack</u>	<u>Defend</u>
3)	Open Jodan Tsuki	Any block, any counter

4)	Open Jodan Tsuki	Any block, any counter
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SANBON KUMITE (Three Step Fighting)

<u>Count</u>	<u>Attack</u>	<u>Defend</u>
1	Jodan Oi Tsuki.	Kokutsu Dachi, Haiwan Uke.
2	Chudan Oi Tsuki.	Kokutsu Dachi, Teisho Uke.
3	Mae Keri.	Kokutsu Dachi, Nagashi Uke. Counter attack

GOHON KUMITE (Five Step Fighting)

	<u>Attack for 5 count</u>	<u>Defend for 5 count</u>
1)	Oi Tsuki Chudan.	Demonstrate various blocks.
2)	Oi Tsuki Jodan.	Demonstrate various blocks.
3)	Mae Keri.	Kokutsu Dachi, Nagashi Uke.
4)	Mae Keri.	Zenkutsu Dachi, Gedan Barai Uke.

JIYU KUMITE (Free Fighting)

- 1) Demonstration of ability to defend.
- 2) Demonstration of ability to attack.

SELF DEFENCE

Defend against single hand or arm grab from Chikaku Kamae.