

Rokukyu | Yellow Belt + Stripe

Requirements

Minimum training time since 6th kyu grading: **40 hours**

Primary Objectives: It should be obvious at this stage that student is showing higher fitness and developing style and strength of technique. Technique should now be sharp and accurate.

In addition to improved previous requirements:

Exercises

40 Push-ups

70 Sit-ups

60 Squats

Strikes

Shotei Uchi (palm heel strike) | Jodan, Chudan, Gedan

Hiji Oroshi Uchi (downwards elbow strike)

Hiji Mawashi Uchi (circular elbow strike) | Jodan, Chudan

Ushiro Hiji Uchi (backwards elbow strike)

Hiji Age Uchi (rising elbow strike) | Jodan, Chudan

Hiji Mae Uchi (ascending front elbow strike)

Blocks

Seiken Jodan Uchi Uke (fist upper inside block)

Mae Mawashi Uke (open palm front circle block)

Kicks

Jodan Mawashi Geri (upper round kick) | Chusoku, Haisoku

Stances

Tsuru Ashi Dachi (crane stance)

Ido Geiko

Ido Geiko Roku

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- Step 1. Step into Zenkutsu Dachi, Oi Seiken Jodan Uchi Uke, Oi Jodan Shotei Uchi.
- Step 2. Step up into Kiba Dachi (facing front) and Mae Mawashi Uke (Shotei), then Ushiro Hiji Ate, Mae Chudan Hiji Ate (with the same arm), step into Zenkutsu Dachi with Oi age Hiji Ate, Jodan Oroshi Hiji Ate (same arm).
- Step 3. Jodan Mawashi Geri with rear leg and step forward into Zenkutsu Dachi.
- Mawatte: Jodan Seiken Uchi Uke.

Kumite Renraku (in Moro Ashi Dachi)

Front leg Chudan Mae Geri and return leg to front, rear leg Jodan Mawashi Geri and step forward, Chudan Gyaku Tsuki, Mawatte: Shuto Mawashi Uke.

Kata

Pinan San (safe from harm form three)

Pinan Yon (safe from harm form four)

Weapons

Bo Ichi (staff form one)

Self Defense

Hand on Shoulder | Front, Behind, Opposite Hand

Collar Grab and Punch

Over-Arm Side Bear Hug (not attempted)

Cross Collar Grab

Throws

Moroto Seoi Nage (back carry throw)

Uki Goshi (floating hip throw)

Kumite

6 Bare Fist Fights