



YELLOW BELT (6th kyu)

SYLLABUS & TRANSLATION SHEET

DACHI/DACH

MASUBI DACH

YOI DACH

ZENKUTSU DACH

HAMMI GAMAE

MAWATTE

STANCE

Feet together (toes apart)

Ready stance (feet parallel
shoulders width apart)

Forward leaning

Free fighting posture

Turn (always look first and
kiai, unless asked otherwise)

GERI

KIN GERI

MAE GERI

MAWASHI GERI

HAISOKU

KICK

Groin flick kick

Front kick

Roundhouse kick
(with toes pointed)

UKE

JUJI

JODAN

SOTO

UCHI

GEDAN BARAI

GEDAN UKE

BLOCK

Cross block (head & groin)

Head

Inner body block

Outer body block

Groin sweeping
striking block

Groin Block (using hammerfist)

KATA

ASHIITA SHO

FORMAL PATTERN

All katas should be
announced before
performing them

TSUKI / SKI

OI TSUKI

GYAKU TSUKI

JODAN TSUKI

CHUDAN TSUKI

GEDAN TSUKI

PUNCH

Leading arm punch

Reverse punch

Head punch

Stomach punch

Groin punch

ADDITIONAL REQUIREMENTS

ROLLING BREAK FALLS Forwards & backwards

STAMINA ASSESSMENT 10 push ups counting
aloud in Japanese

1 - ICHI

2 - NI

3 - SAN

4 - SHI

5 - GO

6 - ROKU

7 - SHICHI

8 - HACHI

9 - KU

10 - JU