

# Kihon 6th Kyu

1st November 2008

## Technique

### Zenkutsu-dachi

*Hands in guard position*

Oi tsuki jodan / gyaku tsuki chudan

Age uke / gyaku tsuki chudan

Soto uke / gyaku tsuki chudan

Uchi uke / gyaku tsuki chudan

Kizami tsuki / gyaku tsuki chudan / step forward

### Zenkutsu-dachi

Maegeri chudan step maegeri jodan

Mawashi geri chudan

Mawashi geri jodan

Kekomi

### Kokutsu-dachi

Shuto uke / nukite *zenkutsu-dachi* / shuto uke

Shuto uke / nukite *zenkutsu-dachi* / shuto uke

### Kiba-dachi

Yoko geri keage

Yoko geri kekomi

### Sanchin

*Moving forward and back.*

Maewashi uke / gyaku tsuki jodan / rear hiza geri to the body jodan teisho uchi.

## Bag work

### Zenkutsu-dachi

Mawashi uki gyaku uki (Focus pad)  
*Inside (double block)*

Teisho uke / gyaku tsuki (Focus pad)

Mawashi geri front leg / gyaku tsuki / uraken  
(Focus pad)

Yoko geri keage (Focus pad)

Mawashi tsuki / name ash (Body shield)

Mae geri (Body shield)

Name ash (Body shield)

Yoko geri kekomi (Body shield)

Hiza geri (Body shield)

# Kumite 6th Kyu

1st November 2008

## Te-gumi

### Ju dachi

*Inside block.*

*Attacker:* Sanchin dachi. Strike forward mawashi empi jodan.

*Defender:* Sanchin dachi. Block, kakiwake uke.

## Gohon Kumite

### Ju dachi

Maegeri

Maewashi geri

Kekomi

### Ju dachi

*Inside block.*

*Attacker:* Ju dachi. Jodan kisami tsuki / chudan gyaku tsuki. Step forward, pause.

*Defender:* Ju dachi. Block jodan te uke: counter with jodan teisho uke gedan barai / chudan gyaku tsuki. Step backward, pause.

### Sanchin dachi

*Inside (double block)*

*Attacker:* Ju dachi. Kizami tsuki / Oi tsuki jodan.

*Defender:* Ju dachi. Move back, blocking with maewashi uke change to sanchin (transition) kisami tsuki / ura tsuki / Mawashi tsuki jodan

## Goshin Jutsu

### Strangle from behind

Pull down on the arm with both hands to remove pressure from the throat. Elbow strike with your right elbow into the body then push your opponent's elbow up with your right hand whilst still pulling down with your left hand. Turn anti-clockwise to lock the arm into the back. Secure the arm with your left hand and with the other hand pull back the chin taking your attacker to the ground.

### Hair grab from behind

With both hands clamp the attacker's hand hard to your head, stepping forward to move your attacker off balance. Keeping the hand clamped to the head bend and turn anti clockwise keeping the hand and wrist locked. Bring your body up locking and keeping pressure to the arm and kick to the groin or leg.

## Kata

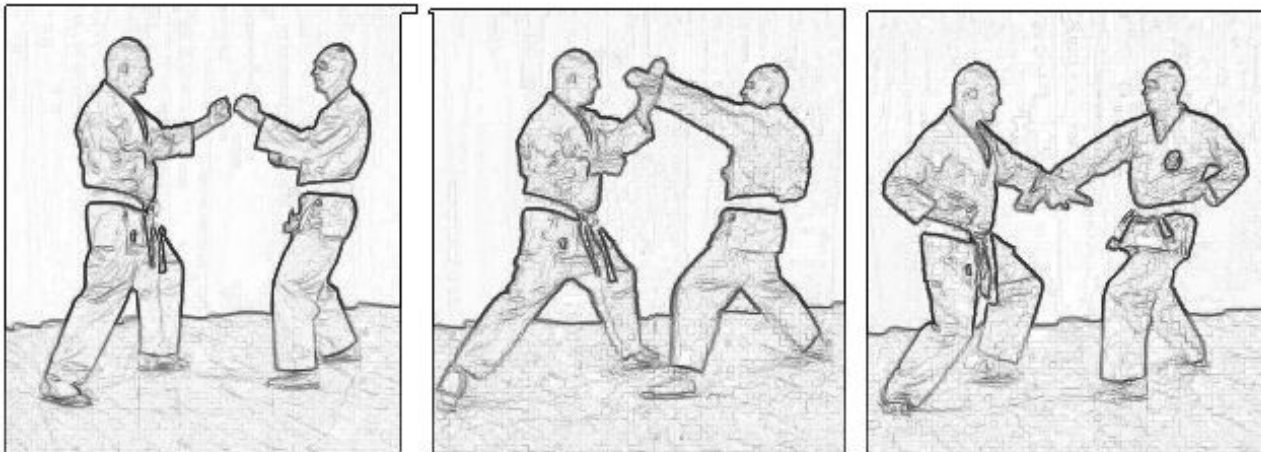
Heian Nidan / Heian Sandan

# Gohon Kumite (Kissami tsuki Jodan / Chudan) 6th Kyu

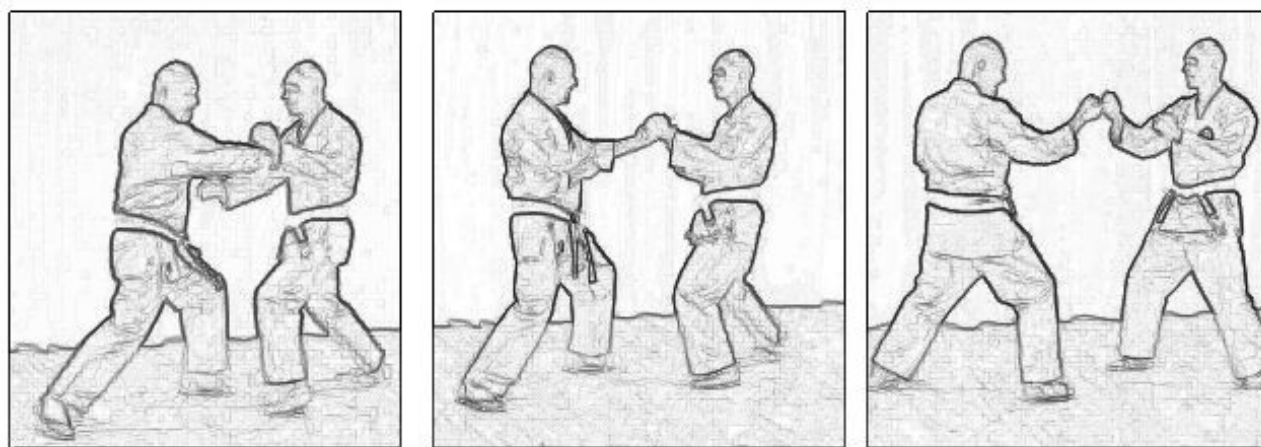
1st November 2008

**Gohon Kumite** - Jodan / Chudan Inside block. Ju dachi hikette no longer required – keep hands in guard position.

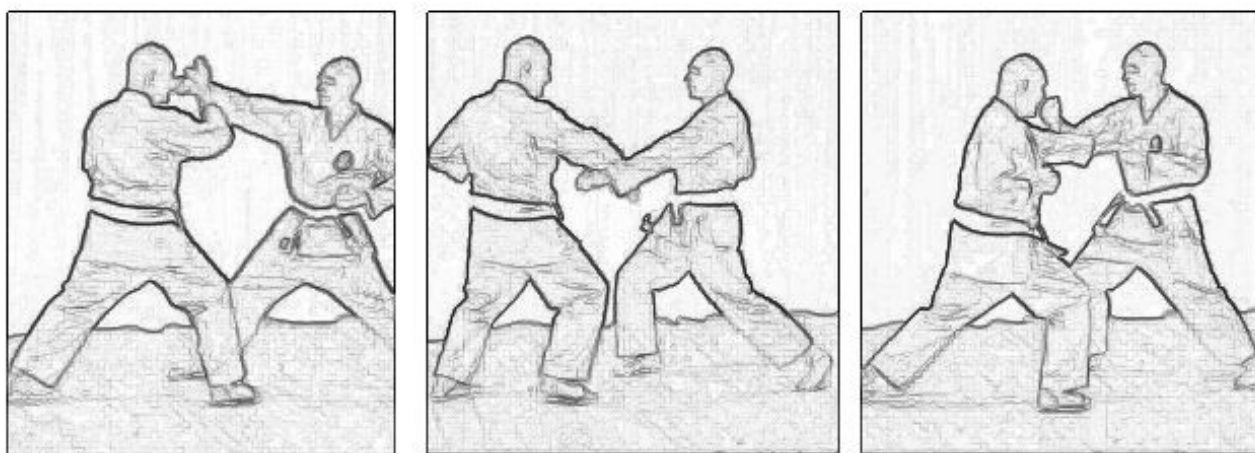
Zenkutsu-dachi All exercises to examiner's command. Five attacks stepping forward. In all cases, move hands into fighting position after initial move



*Attacker:* Yoi . Step back, left gedan barai. ju dachi. Attack jodan kisami tsuki / chudan gyaku tsuki. Step forward, pause.



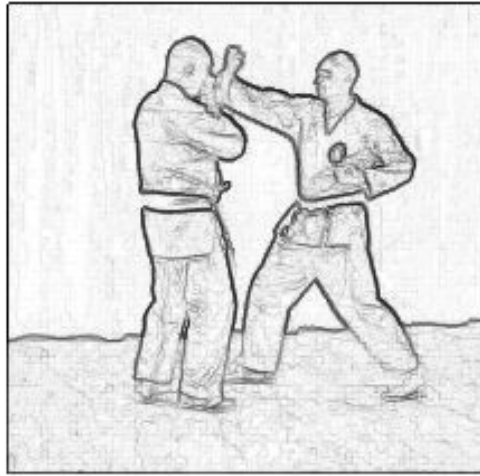
*Defender:* Yoi. Step back, left gedan barai. Ju dachi. Block then counter with jodan te uke / gedan barai / chudan gyaku tsuki. . Step backward, pause.



# Gohon Sequence (Sanchin) 6th Kyu

1st November 2008

*All exercises to examiner's command. Five attacks stepping forward. Then change attacker.*



*Attacker: Ju dachi. Jodan oi tsuki.*



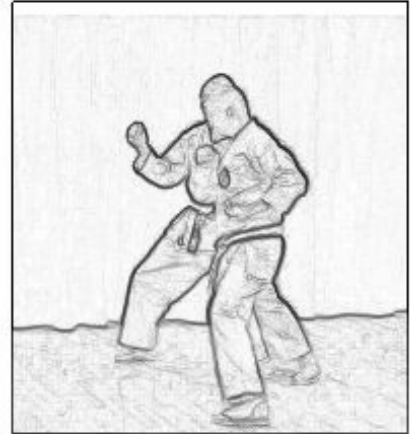
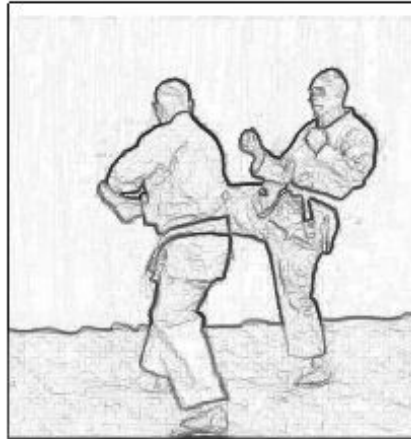
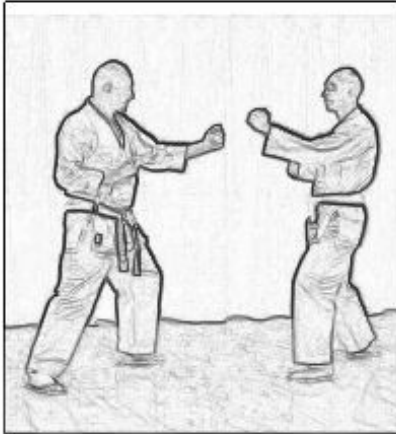
*Defender: Ju dachi. Move back change to sanchin (transition), maewashi uke / Kin geri front leg / Tetsui.*



# Maegeri Sequence 6th Kyu

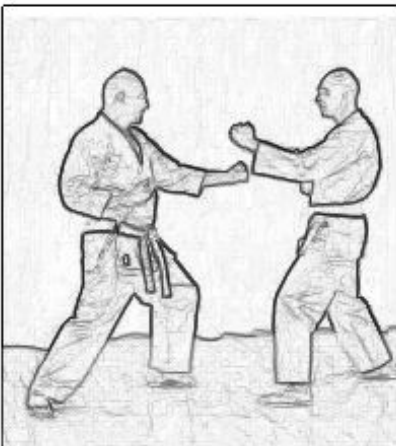
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Ju-dachi All exercises to examiner's command. Four attacks stepping forward. Then change attacker.



*Attacker:* Yoi .Step back, left gedan barai. Step forward chudan mae geri.

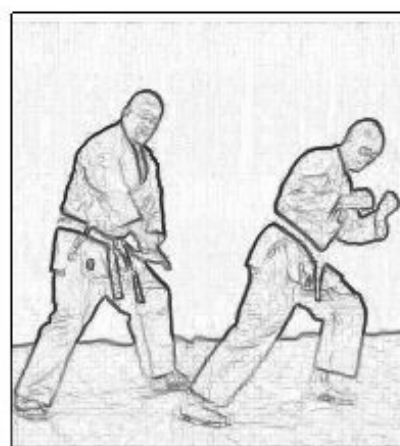
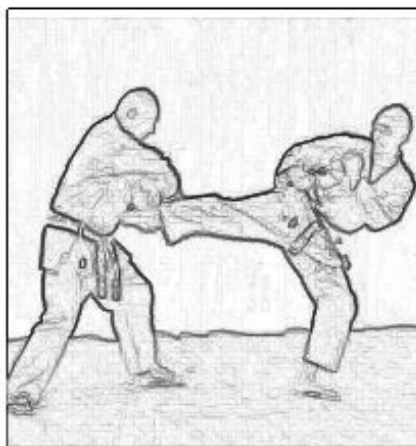
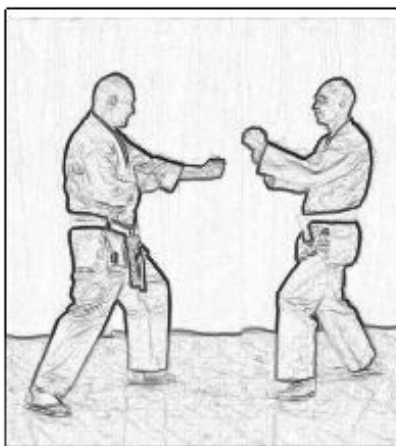
*Defender:* Moving inside, stopping the kick, sliding in empi.



# Kekomi Sequence 6th Kyu

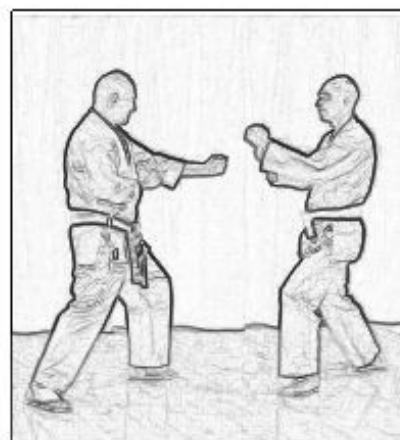
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Ju-dachi All exercises to examiner's command. Four attacks stepping forward. Then change attacker.



*Attacker:* Kekomi

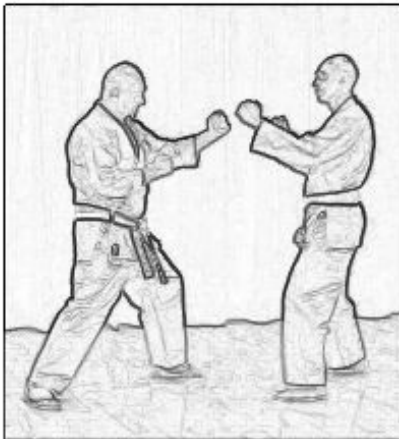
*Defender:* Block off line pushing the kick down, Fumikomi to the back of the knee.



# Maewashi Geri Sequence 6th Kyu

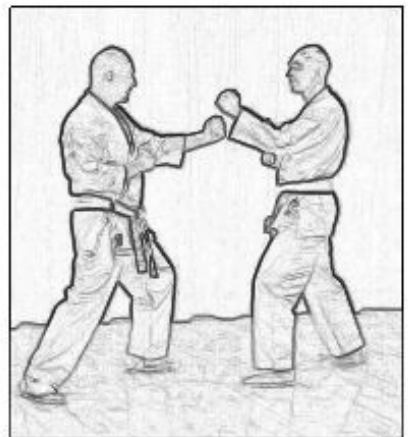
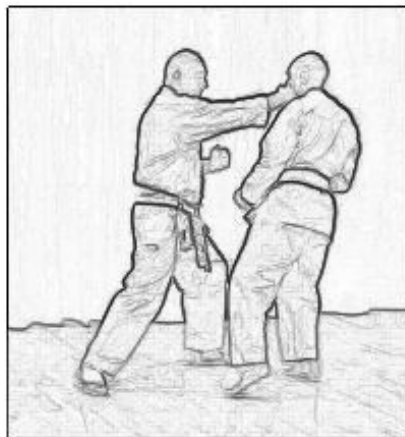
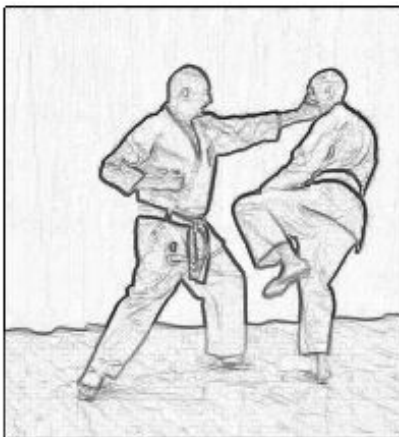
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Ju-dachi All exercises to examiner's command. Four attacks stepping forward. Then change attacker.



Attacker: Maewashi front foot.

Defender: Double block inside, and counter uraken gyaku tsuki to the head



# Goshin Jutsu Sequence 6th Kyu

1st November 2008

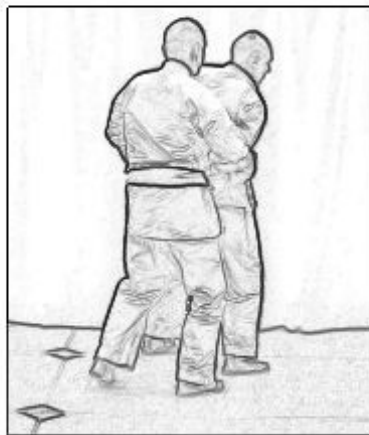
*All exercises to examiner's command.*



**Strangle from behind.**



Pull down on the arm with both hands to remove pressure from the throat.



Elbow strike with your right elbow into the body then push your opponent's elbow up with your right hand whilst still pulling down with your left hand. Turn anti-clockwise to lock the arm into the back. Secure the arm with your left hand and with the other hand pull back the chin taking your attacker to the ground.



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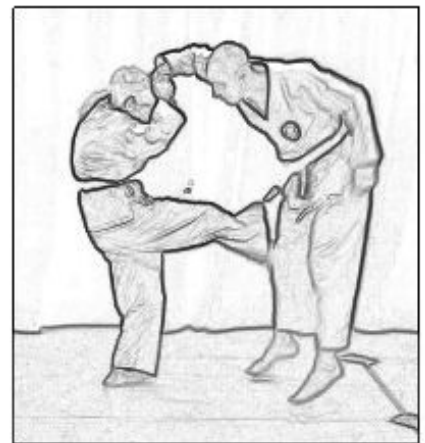
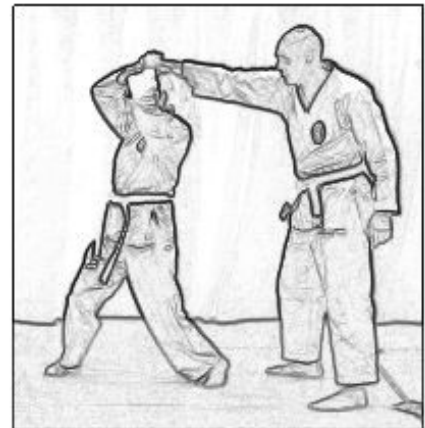
*All exercises to examiner's command.*



**Hair grab from behind.**



With both hands clamp the attacker's hand hard to your head, stepping forward to move your attacker off balance.



Keeping the hand clamped to the head bend and turn anti clockwise keeping the hand and wrist locked. Bring your body up locking and keeping pressure to the arm and kick to the groin or leg.

# Goshin Jutsu Sequence 6th Kyu

1st November 2008

*All exercises to examiner's command.*



**Same hand grab**



Bringing the arm up, grab the heart point. HT3. Pushing down with the wrist and up with the elbow.



**Same hand grab**



6 Bringing the arm up, striking to the groin CV1, changing hands punching gedan CV6, simultaneously striking to the jaw S5.



# Goshin Jutsu Sequence 6th Kyu

1st November 2008

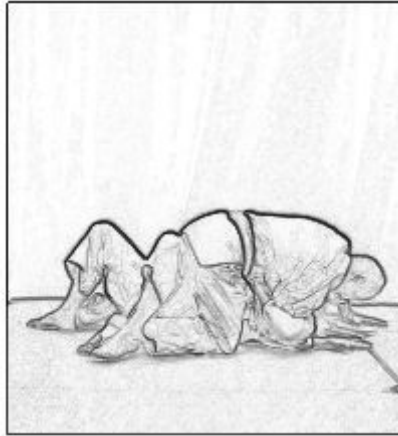
*All exercises to examiner's command.*



**Escape from full mount**



Bridge to throw your opponent up and over.



Clamp the foot and arm striking the side of the body throw them over and pin down.

