6TH Kyu – Green Belt Requirements
(Test in English)

KIHON (Basics)

Hand Techniques – Moving forward & backward
Step back w/ right leg, down block FRONT STANCE
5 times NO count:
   A) TRIPLE PUNCH (Face, Stomach, Stomach)
   B) RISING BLOCK & REVERSE PUNCH FACE
   C) OUTSIDE STOMACH BLOCK & REVERSE PUNCH STOMACH
   D) INSIDE STOMACH BLOCK & REVERSE PUNCH FACE
   E) DOWN BLOCK & REVERSE PUNCH STOMACH
   F) KIFEHAND BLOCK (back stance) & SPEAR-HAND HAND THRUST (front stance)

Kicking Techniques
Step back w/ your right leg, down block into FRONT STANCE
5 times NO count:
   A) FRONT SNAP KICK (Stomach Level) - Turn
   B) FRONT SNAP KICK (Face Level) - Turn
   C) FRONT THRUST KICK (Stomach Level) – Turn
   D) ROUNDHOUSE KICK (Stomach Level) – Turn
   E) (A TEST) FRONT THRUST KICK (Face Level) – Turn
   F) (A TEST) ROUNDHOUSE KICK (Face Level) – Turn

Step out with right leg into HORSE STANCE
3 times NO count:
   A) SIDE SNAP KICK (Stomach Level) - Turn
   B) SIDE THRUST KICK (Stomach Level) – Turn
   C) (A TEST) SIDE SNAP KICK (Face Level) – Turn
   D) (A TEST) SIDE THRUST KICK (Face Level) – Turn

KATA (Forms)
A) Heian Shodan to Nidan (Random Review with Bunkai)
B) Heian Sandan “Peaceful Mind #3”

KUMITE (Sparring)
1-step Prearranged Sparring (NO count) – RIGHT side attack ONLY
A) FACE PUNCH (Lunge Punch)
B) STOMACH PUNCH (Lunge Punch)
C) FRONT KICK (Stomach Level)
D) SIDE THRUST KICK (Stomach Level)
E) ROUNDHOUSE KICK (Stomach Level)