

6th Kyu

Heiko Dachi Uchi Uke, Gadan Barai Same Hand. Alternate Arms

Heiko Dachi, Chudan Tsuki Same Hand. Change arms halfway.

Neko Ashi Dachi Stepping Forward Outside Shuto

Zen Kutsu Dachi Mawashi Geri. Coming forward.

Zen Kutsu Dachi Gyaku Tsuki, Mae Geri, land forward. Continue forwards.

Combination 3A

Combination 3B

Padwork Mawashi Empi Uchi

Padwork Yoko Geri

Pinan Nidan (X 3 marks)

Random past kata (X 3 marks)

Kumite

Pass marks 48