



Advanced Green Belt, 6th Kyu

All tai sabaki from previous ranks

All ukemi from previous ranks + forward roll over one person

All attacks from previous ranks + Gyakute dori and Morote dori

Tachi waza

Tae no henko

Morote dori kokyu ho ★

Kokyu nage

- Katate dori, 3 ways
- Mune tsuki
- Shomen uchi
- Gyakute dori ★

Kote gaeshi

- Mune tsuki
- Shomen uchi

Shiho nage

- Katate dori
- Shomen uchi
- Yokomen uchi

Irimi nage

- Mune tsuki
- Shomen uchi

Buki waza

7 bokken suburi, all 7 ★

31 jo kata, 1-5

Kokyu dosa