**6th Han-kyu *-* Orange Belt with White Stripe**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Material from previous grading’s will be re-examined along with the following:

# **KIHON:**

**UCHI:**

Ura Yoko Uchi (side backfist)

Hiji Jodan Ate (elbow upper roundhouse)

Hiji Yoko Uchi (elbow side)

Hiji Ushiro Uchi (elbow back wards)

Hiji Age Uchi (elbow rising)

Hiji Otoshi Uchi (elbow dropping)

**GERI:**

Jodan Mawashi Geri (upper roundhouse)

**KATA:**

Pinan Nidan

**HOKEI KUMITE**: Attack & defence must be performed Right and Left sides.

Pinan Nidan

**FIGHTING COMBINATION**: Must be performed Right and Left sides.

**1**

**JYU KUMITE:** Continuous free fighting

**COMMENTS:**

Re-assess / Pass / Merit / Distinction

Examiner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_