

6. Kyu (Grün)

Kihon-Ido / Kombinationen

1. Haraiotoshi Uke / Chudan Mae-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Chudan Mawashi-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
3. Age Uke / Chudan Gyaku-Zuki / Chudan Mae-Geri (Zenkutsu Dachi)
4. Yoko Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)
5. Haraiotoshi Uke / Chudan Gyaku-Zuki (Shiko Dachi)
6. Kake Uke / Chudan Mae-Geri (Nekoashi Dashi rechts, links)

Kata

Gekisai Dai Ichi
Gekisai Dai Ni

Kumite

Jiyu-Ippon-Kumite / Jiyu Kumite

Yakusoku-Kumite

Kumite-Ura (3)
Nage-Waza (3)



Zenkutsu Dachi



Sanchin Dachi



Nekoashi Dachi



Shiko Dachi



Yoko Uke



Age-Uke



Haraiotoshi Uke



Kake Uke



Oi-Zuki



Gyaku Zuki



Mae-Geri



Mawashi-Geri