



# Adelaide Academy of Combat & Defence

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## Shotokan Karate-Do 6<sup>th</sup> Kyu

1) Kihon Kata

### KIHON TSUKI

2) Move F 5x, Oi-tsuki Chudan.

3) Move F 5x, Oi-tsuki Jodan.

4) Move F 5x, Sambon-tsuki.

### UKE

5) Move F/B 5x, Gedan-berai, Gyaku-tsuki, Gedan-berai.

6) Move F/B 5x, Age-uki, Gyaku-tsuki, Gedan-berai.

7) Move F/B 5x, Soto-ude-uke, enpi, Gyaku-tsuki.

(elbow strike)

8) Move F/B 5x, Uchi-ude-uke, Kizama-tsuki, Gyaku-tsuki, Gedan-berai.

9) Move F/B 5x, Shuto-uke, Nukite, Shuto-uke.

### GERI

10) Move F 5x, Mae-geri Chudan, Oi-tsuki.

11) Move F 5x, Mae-geri Jodan, Oi-tsuki

12) Move F 5x, Mawashi-geri.

(round house kick)

13) Move F 5x, L/R Yoko-geri Keage.

14) move F 5x, L/R Yoko-geri Kekome.

### KATA

15) Kata of choice, not Kihon or Heian Sandan.

16) Bunkai of Heian Shodan.

### KUMITE

17) GOHON KUMITE

5x Jodan attack.

5x Chudan attack.

5x Mae-geri attack.

18) IPPON KUMITE

3x Jodan attack.

3x Chudan attack.

3x Mae-geri attack.

3x Mawashi-geri attack.

### KATA

19) Heian Sandan.

Pass ( 25 ) Good ( 34 ) Exe ( 46 )