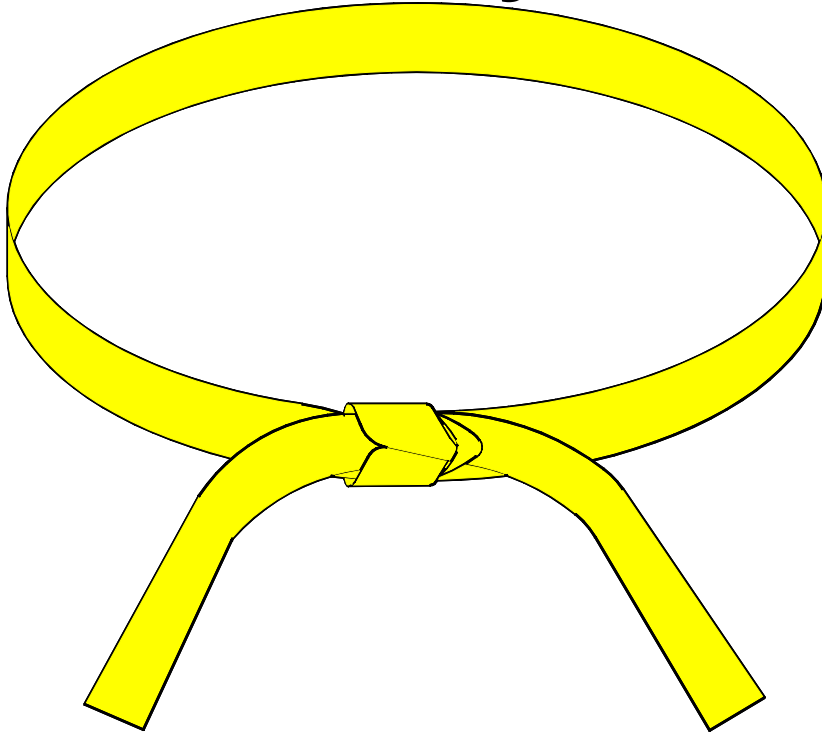


# 6<sup>th</sup> Kyu Chart



志道館

1. Step, high-low punch same hand, high-low punch opposite hand, high-low block
2. Front kick, high-low punch same hand, high-low punch opposite hand, high-low block
3. Front kick, side kick, high (tate zuki)-low punch same hand, high-low punch opposite hand, high-low block
4. Front kick, back kick, high (ura zuki)-low punch same hand, high-low punch opposite hand, high-low block

## **KUMITE:**

4, 5

## **KATA:**

Pinan Sandan Kata

Pinan Yondan Kata

Pinan Godan Kata