



## 6th to 5th KYU GREEN

### THEORY

Name 2 different karate style?

What is the meaning of Sempai?

### KIHON

FORWARDS & BACKWARDS

1	ZENKUTSU DACHI/ SOTO UKE + YOKO EMPI + URAKEN UCHI
2	KOKOTSU DACHI/ UCHI UKE, (Slide front legs) KIZAMI ZUKI GYAKU ZUKI (Zenkutsu Dachi)
3	NIDAN TSUKI + TATE EMPI; 2- SAMBON TSUKI MAE EMPI
4	KOKUTSU DACHI + SHUTO UKE, (Slide front leg) KIBA DACHI + GEDAN BARAI (same hand), (Slide front leg) ZENKUTSU DACHI + GYAKU TSUKI
5	KOKUTSU DACHI/ AGE UKE+ GEDAN BARAI + ZENKUTSU DACHI/ GYAKU TSUKI
6	KOKUTSU DACHI/ SHUTO UKE+ MAE ASHI GERI + GYAKU NUKITE (ZENKUTSU DACHI) + SHUTO UCHI + GYAKU SHUTO UCHI.
7	KAMAE MAE GERI + NIDAN TSUKI + URAKEN UCHI

### KATA

HEIAN

YONDAN

### KUMITE

SAMBON KUMITE

HAIWAN UKE + MOROTE UKE + GYAKU GEDAN BARAI + KIZAMI  
TSUKI + GYAKU TSUKI

SHIAI KUMITE

BE ABLE TO COMBINE PUNCHES AND KICKS (expl: kizami tsuki +  
gyaku tsuki + mawashi geri)