



6th Kyu Test Requirements

- Minimum time to test 20 days of training
- 5th kyu time required would be 40 days since 6th kyu
- No test fee

1. Seiza:

Goal: demonstrate proper seiza by sitting with toes crossed or next to each other; knees 1-2 fists apart, pelvis forward, back straight, hands on knees.

a. **Bowing/Rei-Kneeling:** left hand down first, then right hand, creating a triangle with fingers and thumbs, lowering your torso with a straight back and neck, bowing from waist; then, raise torso, return right hand to lap then left hand.

b. **Rise from seiza:** right foot forward so kneeling on left knee, then rise into right hanmi.

2. Shikko: (Instructor's option depending on age and ability)

Goal: emphasize hip turn, keeping feet close together. Forward and backward.

3. Hanmi: (solo)

Goal: demonstrate proper hanmi, one foot in front of other with front foot pointed straight ahead and back foot at a 90 degree angle, arms extended. This may also be referred to as kamae.

a. **Migi hanmi:** right foot forward.

b. **Hidari hanmi:** left foot forward.

4. Ukemi:

Goal: demonstrate understanding of basic falling technique.

a. Ushiro ukemi

1. **Back fall:** start in hanmi, step back with front foot down to knee, roll back, then up to same knee, stand straight up in hanmi.

2. **Back roll:** (Instructor's option depending on age and ability) same as back fall but roll all the way over the shoulder to knee, stand straight up in hanmi.

b. Mae ukemi

1. **Front roll:** (Instructor's option depending on age and ability) start in hanmi, forward roll over shoulder to kneeling position, stand straight up in hanmi.

5. Kokyu exercises:

Goal: focus on hips initiating the movement with hands following the body, demonstrate ability to shift weight while maintaining balance, posture and connection to the ground.

a. **Funa-kogi-undo:** rowing exercise.

b. **Ikkyo-undo:** ikkyo exercise.





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6. Tai sabaki:

Goal: focus on proper hanmi, angles and suriashi (gliding footwork).

- a. **Irimi: 2 ways:** slide forward with front foot or step forward with rear foot, arms extended. In both cases end facing forward at a slight diagonal.
- b. **Tenshin:** back foot steps to its side and front foot steps back diagonally switching hanmi.
- c. **Tenkan:** without changing hanmi, pivot on front foot, swinging rear leg behind while making a low sweeping movement with the arm resulting in a 180 degree turn.
- d. **Irimi tenkan:** arms swing up while stepping forward with the back foot, tenkan and swing arms down.

7. Hanmi: (with Partner)

Goal: demonstrate proper individual hanmi and mai-ai in relation to partner.

- a. **Ai hanmi** and **gyaku hanmi** in relation to a partner.

8. Atemi:

Goal: demonstrate balance, control, and proper angles in three basic atemi.

- a. **Tsuki:** straight punch toward abdomen ending in gyaku hanmi.
- b. **Yokomen-uchi:** open hand diagonal strike to temple ending in gyaku hanmi.
- c. **Shomen-uchi:** open hand straight strike to front of head ending in ai hanmi.



9. Tai no henko:

Goal: demonstrate proper ma-ai, connection, leading and following, and movement.

9. Kokyuho:

Goal: demonstrate understanding of extension, low center of gravity, connection, pin.