



6th Kyu Test Requirements

- Minimum time required for 6th kyu test is 20 days of training. No test fee.
- Minimum time required for 5th kyu test is 40 days of training since 6th kyu test. Usual test fee applies.

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:** 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 approximately 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 techniques.

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. **Funakogi undo:** Rowing exercise.

b. **Ikkyo undo:** Ikkyo exercise.





6th Kyu Test Requirements | continued

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 maai in relation to partner.

- a. **Ai hanmi.**
- b. **Gyaku hanmi.**

8. Atemi: (with partner)

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

- a. **Tsuki:** Straight punch toward abdomen ending in gyaku hanmi.
- b. **Yokomenuchi:** Open hand diagonal strike to temple ending in gyaku hanmi.
- c. **Shomenuchi:** Open hand straight strike to front of head ending in ai hanmi.

9. Tai no henko: (with partner)

Goal: Demonstrate proper maai, connection, leading and following movements while both uke and nage.

10. Kokyuhō (sitting)—aka, **Kokyudosa:** (with partner)

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

