

## **Yellow Belt 6<sup>th</sup> Kyu**

### **Basics**

1. How to fold a Karate *Gi*
2. Correct way of wearing a *Gi*
3. Meaning of *Jitsushinkai*
4. *Dojo* etiquette and procedures

### **Stances**

1. Yoi Dachi
2. Fudo Dachi
3. Zenkutsu Dachi

### **Punches and Strikes**

1. Seiken Oi Tsuki (Jodan, Chudan, Gedan)
2. Morote Tsuki (Jodan, Chudan, Gedan)
3. Seiken-Gyaku-Tsuki

### **Blocks**

1. Seiken-Mae-Gedan-Barai

### **Kicks**

1. Hiza-Ganmen-Geri
2. Kin Geri

### **Conditioning**

1. Stretching 4 in 1
2. 20 push ups on knuckles
3. 20 sit ups
4. 20 squats

*Note: Children under 16 years are not expected to perform push ups on knuckles or fingers.*

### **Fighting**

*3 x two-minute fights*

1. 1 x hands and feet
2. 1 x hands only
3. 1 x feet only