



# Anshin Ryu

空手道

## Green Belt – 6<sup>th</sup> Kyu (Rok Kyu)

### Dachi (Stances)

Fudo Dachi      Sanchin Dachi      Zenkutsu Dachi      Musubi Dachi

### Kihon Tsuki Waza (Basic Punching Techniques)

1. Junzuki Jodan (in Zenkutsu Dachi or Sanchin Dachi)
2. Junzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
3. Junzuki Gedan (in Zenkutsu Dachi or Sanchin Dachi)
4. Gyakuzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
5. Kette Junzuki (chudan)
6. Kette Gyakuzuki (chudan)
7. Ago Tsuki (in Zenkutsu Dachi or Sanchin Dachi)
8. Mawashi Uchi (in Zenkutsu Dachi or Sanchin Dachi)
9. Tobikomizuki (Jodan)

### Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Maegeri Keage Chudan
3. Mawashigeri Keage Chudan
4. Mae Kansetsu Geri
5. Kin Geri
6. Sokuto Geri Chudan
7. Surikomi Mawashigeri Keage Chudan

### Kihon Uke Waza (Basic Blocking Techniques)

1. Jodan Uke, Gyakuzuki
2. Soto Uke, Gyakuzuki
3. Uchi Uke, Gyakuzuki
4. Gedan Barai, Gyakuzuki
5. Shuto Uchi Uke Jodan
6. Chudan Uchi Uke Gedan Barai

### Renraku Waza (Combinations Techniques)

1. Maegeri Chudan, Tobikomizuki Jodan.
2. Maegeri Gyakuzuki Chudan
3. Surikomi Maegeri Chudan, Tobikomizuki Jodan.
4. Surikomi Maegeri Gyakuzuki Chudan.
5. Mawashigeri, Gyakuzuki Chudan

### Kata (Form)

1. Pinan Nidan.

### Bunkai (Analysis)

1. Pinan Nidan.



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**Examiner's Choice**

1. Any Five from Tsuki, Keri Uke and Renraku Waza in blue.

**Jiyu Kumite (free Fighting)**

**Question Sheet for this grade**

**Dojo-Kun 1 to 4.**