

KOFUKAN SHITO-RYU KARATE

JUNIOR

6th KYU – ORANGE BELT

REVISION OF BASICS FROM PREVIOUS GRADINGS:

STRIKES:	○ Mawashi Hiji Ate	<i>Circular Elbow Strike</i>
	○ Yoko Hiji Ate	<i>Side Elbow Strike</i>
	○ Ushiro Hiji Ate	<i>Rear Elbow Strike</i>
	○ Tate Hiji Ate	<i>Vertical Elbow Strike</i>
	○ Otoshi Hiji Ate	<i>Downward Elbow Strike</i>
	○ Mae Hiji Ate	<i>Horizontal Elbow Strike</i>

KIHON IPPON KUMITE:

- #5 *Yoko Kosa Uke, Jodan Maeken Zuki, Kaeshi*

FIGHTING COMBINATION:

- #1 *Left tsugiashi, Jodan Maekenzuki, right Chudan Gyaku Zuki, Kaeshi, left Kouchigari (inward hooking sweep), right Chudan Gyaku Zuki*

KATA: Pin'an Nidan

PARTNER WORK: Hokei Kumite - Nidan