

**SHINRI**  
KARATE SCHOOLS



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## YELLOW BELT GOING FOR – 6<sup>th</sup> KYU GREEN BELT

**Oi Zuki - Zenkutsu Dachi**

**Kiba Dachi- no upper body (hands on hips/behind back) side step**

**Uraken /Gyaku zuki - Zenkutsu Dachi**

**Age Uke / Gyaku Zuki - Zenkutsu Dachi-Forward turn the same back**

**Uchi Uke / Gyaku Zuki - Zenkutsu Dachi-Forward turn the same back**

**Soto Uke / Gyaku Zuki - Zenkutsu Dachi-Forward turn the same back**

**Shuto Uke / Nukite (spear hand) Kokutsu Dachi / Zenkutsu Dachi -Forward turn the same back**

**Mae geri - Zenkutsu Dachi**

**Mawashi Geri - Zenkutsu Dachi-Forward turn the same back**

**Yoko Geri - Keage Kiba Dachi-Forward turn the same back**

**Yoko Geri Kekomi - Kiba Dachi-Forward turn the same back**

## **Kumite**

**Kihon Ippon kumite**

**Set 1 - Full Grade both sides no count – Hidari (left) & Migi (right)**

**Intermediate grades Hidari with 5 attacks, migi on the 1st 3. 1 jodan, 1 chudan, 1 mae geri, 1 kekomi and 1 mawashi geri.**

**Plus any previous Kumite**

## **Kata**

**Heian Sandan Intermediate Grades – to count Full Grades - fast no count**

**Plus any previous Kata**