



Hakuba Wadoryu 6th Kyu Syllabus. Green Belt

6th KYU 六級

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Tobikomizuki-jodan
4. Surikomi-mawashigeri-chudan
5. Surikomi-sokuto-chudan

RENRAKU-WAZA 連絡技

1. Maegeri-chudan – Sokuto-fumikomi-hiza – Gyakuzuki-chudan
2. Surikomi-maegeri-chudan – Sokuto-chudan – Gyakuzuki-chudan

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Ipponme, Nihonme
2. Maegeri-uke; Ipponme, Nihonme

OHYO-GUMITE 応用組手

1. Ipponme

KATA 形

1. Pinan Shodan
2. Pinan Sandan

JIYU-GUMITE 自由組手