

## 6 KYU: GREEN BELT

KATA: Heian Sandan

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow strike.
- 4) Stepping back, back stance, knife-hand block.  
\*Change to front stance.
- 5) Moving forward, lead leg front snap kick stomach level, back leg front kick face level.  
\*Turn to front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
- 7) Stepping across, side snap kick-change direction, repeat.
- 8) Stepping across, side thrust kick-change direction, repeat.
- 9) Combination: From front stance, back leg round-house kick, reverse punch.
- 10) Combination: From front stance, (back leg) front snap kick stomach level step in punch, face level.

KUMITE (BASIC ONE-STEP SPARRING):

Examiners Count:

Offense (start from front stance).

\*Step in punch, face level.

\*Step in punch, stomach level.

\*Front snap kick, stomach level.

Defense side (start from open natural stance):

\*Rising block, counter.

\*Outside forearm block, counter

\*Down block, counter.

Switch roles of offense and defense.