



## YELLOW BELT (6th kyu)

### SYLLABUS & TRANSLATION SHEET

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#### **DACHI/DACH**

MASUBI DACH

YOI DACH

ZENKUTSU DACH

HAMMI GAMAE

MAWATTE

#### **STANCE**

Feet together (toes apart)

Ready stance (feet parallel  
shoulders width apart)

Forward leaning

Free fighting posture

Turn (always look first and  
kiai, unless asked otherwise)

#### **UKE**

JUJI

JODAN

SOTO

UCHI

GEDAN BARAI UCHI

#### **BLOCK**

Cross block (head & groin)

Head

Inner body block

Outer body block

Groin sweeping  
striking block

#### **TSUKI / SKI**

OI TSUKI

GYAKU TSUKI

JODAN TSUKI

CHUDAN TSUKI

GEDAN TSUKI

#### **PUNCH**

Leading arm punch

Reverse punch

Head punch

Stomach punch

Groin punch

#### **GERI**

KIN GERI

MAE GERI

MAWASHI GERI

HAISOKU

#### **KICK**

Groin flick kick

Front kick

Roundhouse kick  
(with toes pointed)

#### **KATA**

ASHIITA SHO

#### **FORMAL PATTERN**

All katas should be  
announced before  
performing them

#### **ADDITIONAL REQUIREMENTS**

ROLLING BREAK FALLS Forwards & backwards

STAMINA ASSESSMENT 10 push ups counting  
aloud in Japanese

1 - ICHI

2 - NI

3 - SAN

4 - SHI

5 - GO

6 - ROKU

7 - SHICHI

8 - HACHI

9 - KU

10 - JU

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