



TOKON TAIKI GRADING SYLLABUS

GREEN BELT - 6th KYU



Basics

- Sanbon zuki
- Jodan age uke, gyaku zuki, gedan barai
- Chudan soto uke, empi uchi, uraken
- Chudan uchi uke, kizami zuki and gyaku zuki
- Chudan shuto uke, mae geri and nukite
- Mae geri (alternate legs) chudan & jodan
- Yoko geri keage
- Yoko geri kekomi

All basic techniques will also be performed stepping backwards except for Sanbon zuki, Mae geri, Yoko geri keage, Yoko geri kekomi and mawashi geri

Kata

- Heian Yondan
(Peaceful Way No. 4)

Kumite

- Kihon Ippon Kumite

Attack: with jodan oi zuki, chudan oi zuki, mae geri and yoko geri on your (right and left side)

Defend : On your right side and left side