



Kyu & Dan Testing Requirements

6th Kyu - Orange Belt

40 days

Migi Hanmi, Hidari Hanmi

Irimi-I, 2, Yoko Ashi

Tenshin-I, 2, Yoko Ashi

Tenkan-I, 2 (repeat Tenkan-I, 2)

Yoko Ukemi

Mae Ukemi

Mae Shikko, ushiro Shikko (optional)

Ai Hanmi, Gyaku Hanmi, Ippo no Maai

Kosadori Ikkyo (omote & ura)

Kosadori Iriminage (tenkan)

Kosadori Sokumen Iriminage

Kosadori Shihonage (omote)

Kosadori Kotegaeshi (tenkan)

Zagi Kokyuho