



WHITE BELT - 6th. Rokkyu

Objective:	Develop basics
Stances:	Horse (front and side), half moon, crane, and forward stance
Hand strikes:	Front two knuckle, thrust, back two knuckle, cross elbow, tiger claw and rake, knife hand (shuto), spear, palm heel, reverse knife
Leg strikes:	Front ball and snap, back kick, side thrust
Blocks:	Eight point blocking and follow up strikes
Combinations:	no.s 6 and 7
Animals:	Tiger Takes The Center
Forms:	Rising sun (breathing exercise #1)
Drills:	Half-mooning forwards, backwards and turning With blocks, single strikes, kiai
Falls:	Forward, side, back
Jujitsu:	Strangle, single lapel grab, arm lock
Club:	N/A
Knife:	Slashing
Knowledge:	Style, tying belt, the five animals, rules of the dojo.