

FSK Rank Requirements

6th Kyu (Green Belt)

JIHON WAZA (Basic Techniques)

Show 6 basic stances:

Kokutsu dachi	Neko Ashi Dachi	Kiba dachi	Heisoku dachi	Musubi dachi	Shiko dachi
<i>Back Stance</i>	<i>"Cat" Stance</i>	<i>Horse Stance</i>	<i>Feet Together</i>	<i>Ankles together</i>	<i>"4 angles" stance</i>

Te Waza (Hand Techniques)

- Punch in place from Horse stance (10 times)
- Left leg forward Zenkutsu dachi with left hand extended, punch Gyaku Zuki and return to hand extended (10 times) then switch legs. (Hanmi--> Shomen hip rotation)

Waza (Technique)	Dachi (Stance)	Direction of movement
Nidan Oizuki	Zenkutsu	Forward
Nidan Oizuki	Zenkutsu	Backward
Age Uke, Gyakuzuki	Zenkutsu	Forward
Uchi Uke, Gyakuzuki	Zenkutsu	Backward
Gedan Barai, Gyakuzuki	Zenkutsu	Forward
Shuto Uke, Mae Geri	Zenkutsu	Forward
Shuto Uke, Mae Geri, Nukite	Kokutsu (Back Stance)	Forward

Keri Waza (Kicking Techniques)

Waza (Technique)	Dachi (Stance)	Direction of movement
Yoko Geri Keage Chudan	Kiba dachi	Forward
Yoko Geri Kekomi Chudan	Heisoku dachi	Forward
Mawashi Geri Chudan	Zenkutsu	Forward
Uchi Mikazuki Geri (Inside Crescent Kick)	Zenkutsu	Forward
Ushiro Geri (Back Kick)	Zenkutsu	Forward

KATA (Forms)

Heian Sandan	Bunkai for 2 kata sequences in any Heian kata 1-3
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KUMITE:

1 Step Free Sparring

UKEMI (Rolling & Falling)

Standing Forward Roll

Standing Back Roll

Self-Defense

Basic Leg Sweep (O soto gari)

Arm lock with Elbow/Shoulder

Basic defense from ground with standing opponent

ADDITIONAL

Demonstrate the following:

3 abdominal core exercises

3 leg strengthening exercises

1 arm strengthening exercise

How to stretch your hamstrings

How to stretch your wrist and fingers

How to stretch your calf

Explain one of the Dojo Kun maxims.