

6th Kyu
(Monthly Grading Tests)

1	Migi-hanmi-Kamae & Hidari-hanmi-Kamae
2	Seiza-ho & Shikko-ho
3	Koho-ukemi
4	Zenpo-kaiten-ukemi or Forward roll
5	Ken-soho 1,2,3
6	Ken-soho Hiriki-no-yosei (1)(2)
7	Kento-gata Sotai-dosa
8	Kata-oshi/Body-push Shomen-irimi-nage
9	Yokomen-geri Shomen-irimi-nage (2)