



## 6. KYU

<b>Kihon:</b> In Zenkutsu dachi -> Oi tsuki - Jo / ch. -> Gyaku tsuki - Jo / Ch. <-> Age uke <-> Soto uke <-> Uchi uke <-> Gedan uke <-> Shuto uk			-> Mae geri - Kekomi / Keage -> Yoko Geri - Kekomi [] Yoko Geri - Keage / Kekomi -> Mawashi Geri - Jo / Ch. -> Sanbon tsuki <-> Empi <-> Uraken -> Nukite			In Neko ashi dachi <- Age uke <- Soto uke <- Uchi uke <- Gedan uke <- Shuto uke <- Empi <- Uraken			In Kokutsu dachi <- Age uke <- Soto uke <- Uchi uke <- Shuto uke <- Empi <- Gedan uke <- Uraken																																																					
- From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki. - Mawatte gedan-barai and move forward with gyaku-zuki. - Change to gedan-barai and move backward with age-uke/gyaku-zuki. - Move forward with soto-uke/empi while changing from zenkutsu-dachi to kiba-dachi by using yori-ashi. - Moving backward with shuto-uke/nukite while changing stance from kokutsu dachi to zenkutsu-dachi. - Change to gedan-barai and move forward with uchi-uke/gyaku-zuki. - Mawatte gedan-barai and move forward with maegeri. - Change to Kiba-dachi and move sideways with yoko-keage and returning using the opposite leg to kick. - The same for yoko-kekomi. - Change to zenkutsu-dachi and move forward with mawashi-geri.																																																														
<b>Renraku :</b> In Fudo dachi/Zenkutsu dachi <-> Age uke - gyaku tsuki <-> Soto uke - gyaku tsuki <-> Uchi uke - gyaku tsuki <-> Gedan uke - gyaku tsuki <-> Shuto uke - gyaku tsuki -> Shuto uke - gyaku nukite -> Soto uke = yoko empi (kbd) = uraken - gyaku tsuki -> Mae ren geri																																																														
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