

# 6th Kyu

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*Green Belt 1<sup>st</sup> Tab*

## Kata

- Pinon 1
- Sukugi 2

## Stances

- Crane Stance
- Squatting Crane
- Soft Zenkutsu Dachi

## Kicks

- Mae Tobi Geri (Fake Kick to a Jumping Mae Geri)
- Mawashi Tobi Geri (Fake Kick to Jumping Mawashi Geri)
- Hon Mawashi Geri
- Inverted Mae Geri

## Falls

- Side
- Front
- Back

## Hand Forms

- Dart
- Half Fist
- Hammer Fist
- Finger Thrust



*Even for the Martial Artist, the place of money cannot be ignored. Yet one should be careful never to become attached to it.*

*- Sosai Masutatsu Oyama (Founder of Kyokushin-kai Karate)*