

Uekf Syllabus 6th kyu

Kata

Pinan Shodan

Blocks

First 5 Blocks

(Shuto Uke in nekoashi dachi)

Kihon

Maegeri Gyakuzuki

Yokogeri Gyakuzuki

Mawashigeri Gyakuzuki

Uramawashigeri Gyakuzuki

Pairs

Hokei Kumite 2 (1st half)

Kumite

Drill 1

