



6TH KYU BLUE BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

STRIPE # 1: *KIHON & WAZA*

**** MANDATORY ATTENDANCE: 8 CLASSES ****

KIHON :

- Crane Leg Stance—Sagi Ashi Dachi
- Pressing Block—Osai Uke
- Elbow Block—Empi Uke
- Vertical Punch—Tate Zuki
- Palmheel Strike—Shote Uchi
- Back Snap Kick—Ushiro Geri Kiagi
- Back Thrust Kick—Ushiro Geri Kekomi
- Outside Foot Sweep—Soto Ashi Barai
 - * Apply With a Partner

WAZA (FORWARD & BACKWARD):

- #1—Lower Sweep Block, Reverse Punch
- #2—Upper Rising Block, Reverse Punch
- #3—Middle Outside Block, Reverse Punch
- #4—Middle Inside Block, Reverse Punch

FOOTWORK (FORWARD & BACKWARD):

- Cross Step Behind

STRIPE #2: *KATA*

**** MANDATORY ATTENDANCE: 8 CLASSES ****

YOUTH & ADULTS:

- Taikyoku Shodan
- Taikyoku Nidan
- Taikyoku Sandan
- Pinan Shodan
- Pinan Nidan
- Pinan Sandan

ADULTS ONLY:

- Wansu

SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4





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STRIPE #3: KUMITE

**** MANDATORY ATTENDANCE: 4 CLASSES ****

- **Ippon Kumite #1-6**—Left & Right Foot Back
 - * #1—Upper Rising Block, Reverse Punch
 - * #2—Middle Outside Block, Reverse Punch
 - * #3—Lower Sweeping Block, Reverse Punch
 - * #4— Middle Inside Block, Roundhouse Knifehand Strike, Pull Hand to Hip, Roundhouse Elbow Strike
 - * #5—Move to Outside in Cat Leg Stance, Side Stomp Kick, Roundhouse Kick, Land with Foot Behind
- **ABT (Attack By Trap)**
 - * Use Check, Push & Sweep with Follow-Ups
- **Jiyu Kumite (Freestyle Sparring)**
 - * Using SA, ABC, BC, RS & ABT

SPARRING EQUIPMENT IS MANDATORY AT THIS LEVEL

STRIPE #4: SELF-DEFENSE

**** MANDATORY ATTENDANCE: 4 CLASSES ****

DEFEND AGAINST:

- **Wild Swing**—Double Arm Block / Side Elbow Strike / Side Headlock / Knee Strike
- **Multiple Wild Swings**—Double Arm Block / Single Arm Block / Tigermouth Strike / Outside Foot Sweep / Punch
- **Dive Tackle**—Push Down / Knee Strike / Dropping Elbow Strike
- **Full Nelson**—Stomp Kick the Foot / Back Stomp Kick the Knee / Elbows Down / Side Elbow Strike

BREAKFALLS (Level #3—Standing):

- **Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll**

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)
BE SURE TO COMPLETE WRITTEN EXAMINATION (IF REQUIRED) & INTENT TO PROMOTE SHEET
AND TURN THEM IN BEFORE EXAMINATION DAY.**

FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT) MUST BE WORN FOR ALL SATURDAY BELT EXAMS. STUDENTS NOT IN FULL UNIFORM WILL NOT BE ALLOWED TO TEST.