

VICTOR YOUNG'S
GANBARE SHOTOKAN KARATE-DO OF PRESCOTT
6th Kyu Green Belt Requirements

KIHON-

Hand techniques Moving forward and backwards - Step back with the right leg down block into forward stance

5 times each no count

- A. Triple Punch, face, stomach, stomach
- B. Rising Block with Reverse face Punch
- C. Outside Forearm Block with Reverse Punch mid level
- D. Inside Forearm Block with Reverse face Punch
- E. Down block with Reverse Punch mid level
- F. Knife Hand Block (back stance)with Spear Hand thrust(front stance)

Kicking techniques Forward turn and back - Step back with the right leg down block into forward stance

5 times each no count

- A. Front Snap Kick – mid level turn
- B. Front Snap Kick – face level turn
- C. Front thrust Kick – mid level turn
- D. Front thrust Kick – face level turn
- E. Roundhouse kick mid level turn
- F. Roundhouse kick face level turn

Step forward with the right leg into horse stance

3 times each no count

- A. Side Snap Kick – mid level
- B. Side Snap Kick – upper level
- C. Side Thrust Kick – mid level
- D. Side Thrust Kick – upper level

KATA-

Heian Sandan Heian #3, must review Heian #1 and #2 at random, must know Bunkai

KUMITE-

Kihon Ippon Kumite (Basic One step Sparring)

- A. Lunge punch face
- B. Lunge punch mid level
- C. Front snap kick mid level
- D. Side thrust kick mid level
- E. Round house kick mid level