



6th Kyu Test Requirements

We recognize that there are stylistic differences in USAF dojo, depending on the lineage of one's instructor. Please adapt the execution of the techniques in the list so as to allow for these stylistic differences and to maintain consistent instruction in your dojo.

- Minimum time required for 6th kyu test is 20 days of training. No test fee.
- Minimum time required for 5th kyu test is 40 days of training since 6th kyu test. Usual test fee applies.

1. Seiza:

Goal: Demonstrate proper seiza by sitting with toes crossed or next to each other; knees 1-2 fists apart, pelvis forward, back straight, hands on knees.

a. **Bowing/Rei:** Left hand down first, then right hand, creating a triangle with fingers and thumbs, lowering your torso with a straight back and neck, bowing from waist; then, raise torso, return right hand to lap then left hand.

b. **Rise from seiza:** Right foot forward so kneeling on left knee, then rise into right hanmi.

2. Shikko: (Instructor's option depending on age and ability)

Goal: Emphasize hip turn, keeping feet close together. Forward and backward.

3. Hanmi: (solo)

Goal: Demonstrate proper hanmi, one foot in front of other with front foot pointed straight ahead and back foot at approximately a 90 degree angle, arms extended. This may also be referred to as kamae.

a. **Migi hanmi:** Right foot forward.

b. **Hidari hanmi:** Left foot forward.

4. Ukemi:

Goal: Demonstrate understanding of basic falling techniques.

a. Ushiro ukemi

1. **Back fall:** Start in hanmi, step back with front foot down to knee, roll back, then up to same knee, stand straight up in hanmi.

2. **Back roll:** (Instructor's option depending on age and ability) same as back fall but roll all the way over the shoulder to knee, stand straight up in hanmi.

b. Mae ukemi

1. **Front roll:** (Instructor's option depending on age and ability) start in hanmi, forward roll over shoulder to kneeling position, stand straight up in hanmi.

5. Kokyu exercises:

Goal: Focus on hips initiating the movement with hands following the body, demonstrate ability to shift weight while maintaining balance, posture and connection to the ground.

a. **Funakogi undo:** Rowing exercise.

b. **Ikkyo undo:** Ikkyo exercise.





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6. Tai sabaki:

Goal: focus on proper hanmi, angles and suriashi (gliding footwork).

- a. **Irimi: 2 ways:** Slide forward with front foot or step forward with rear foot, arms extended. In both cases end facing forward at a slight diagonal.
- b. **Tenshin:** Back foot steps to its side and front foot steps back diagonally switching hanmi.
- c. **Tenkan:** Without changing hanmi, pivot on front foot, swinging rear leg behind while making a low sweeping movement with the arm resulting in a 180 degree turn.
- d. **Irimi tenkan:** Arms swing up while stepping forward with the back foot, tenkan and swing arms down.

7. Hanmi: (with partner)

Goal: Demonstrate proper individual hanmi and maai in relation to partner.

- a. **Ai hanmi.**
- b. **Gyaku hanmi.**

8. Atemi: (with partner)

Goal: Demonstrate balance, control, and proper angles in three basic atemi.

- a. **Tsuki:** Straight punch toward abdomen ending in gyaku hanmi.
- b. **Yokomenuchi:** Open hand diagonal strike to temple ending in gyaku hanmi.
- c. **Shomenuchi:** Open hand straight strike to front of head ending in ai hanmi.

9. Tai no henko: (with partner)

Goal: Demonstrate proper maai, connection, leading and following movements while both uke and nage.

10. Kokyuhō (sitting)—aka, **Kokyudosa:** (with partner)

Goal: Demonstrate understanding of extension, low center of gravity, connection, and pin.

