

A 6th kyu student exhibits definite hip rotation, good snapping action, consistent foot placement, and good posture.

## Key Performance Points:

Snap in blocks and punches, good posture (nose back), good stomach action, no heel lifting going backwards

## Kata

*Heian Sandan*

## Basics

1. **4 times moving forward, 4 times moving backward**
  - a. *jōdan oi zuki*  
Step into a lunge punch to the face (front stance)
  - b. *gyaku zuki*  
Reverse punch (front stance)
2. **4 times moving forward, 4 times moving backward**
  - a. *age uke*  
Step into a rising block (front stance)
  - b. *gyaku zuki*  
Reverse punch (front stance)
3. **4 times moving forward, 4 times moving backward**
  - a. *ude uke*  
Step into an outside block (front stance)
  - b. *gyaku zuki*  
Reverse punch (front stance)
4. **4 times moving forward, 4 times moving backward**
  - a. *uchi uke*  
Step into an inside block (front stance)
  - b. *kizami zuki*  
Jab with the blocking arm (front stance)
  - c. *gyaku zuki*  
Reverse punch (front stance)
5. **4 times moving forward, 4 times moving backward**
  - a. *shutō uke*  
Step into a knife-hand block (back stance)
  - b. *nukite*  
Move the front foot into a front stance and execute a reverse spear-hand strike
6. **4 times moving forward, 4 times moving backward**
  - a. *gedan barai*  
Step into a downward block (front stance)
  - b. *gyaku zuki*  
Reverse punch (front stance)
7. **5 times moving forward, then turn around**
  - a. *mae geri*  
Front snap kick with the back foot, land in front stance
8. **5 times moving forward, then turn around**
  - a. *mawashi geri*  
Roundhouse kick with the back foot, land in front stance
9. **3 times moving sideways, then turn around, then repeat**
  - a. *yoko geri keage*  
Side snap kick, land in horse stance
10. **3 times moving sideways, then turn around, then repeat**
  - a. *yoko geri kekomi*  
Side thrust kick, land in horse stance
11. **4 times moving forward**
  - a. *mikazuki geri*  
Crescent kick with the back foot, land in front stance
12. **4 times moving backward**
  - a. *otoshi uke*  
Step back into a drop block (front stance)
13. **4 times in place, twice per side**
  - a. *mae geri*  
Front snap kick, touch down
  - b. *yoko geri keage*  
Side snap kick, touch down
  - c. *yoko geri kekomi*

Side thrust kick, touch down

## Kumite

1. **sambon kumite**  
Three-step sparring (front stance)
  - a. *jōdan oi zuki / age uke*  
Alternate attacking with a lunge punch to the head and receiving with a rising block
  - b. *oi zuki / ude uke*  
Alternate attacking with a lunge punch and receiving with an outside block
  - c. *mae geri / gedan barai*  
Alternate attacking with a front snap kick and receiving with a downward block
2. **ippon kumite**  
One-step sparring (front stance)
  - a. *jōdan oi zuki / age uke*  
Alternate attacking with a lunge punch to the head and receiving with a rising block
  - b. *oi zuki / ude uke*  
Alternate attacking with a lunge punch and receiving with an outside block
  - c. *mae geri / gedan barai*  
Alternate attacking with a front snap kick and receiving with a downward block
3. **3 times**
  - a. *oi zuki*  
Attack with a stepping lunge punch (fighting position)
4. **3 times**
  - a. *gyaku zuki*  
Attack with a stepping reverse punch (fighting position)