

Stance:	All Straddle leg Stances
Strike:	
Punch:	Hook
Kick:	Front Thrust Round house - all Returning wave
Block:	X (knifehand) Backhand Backarm sweeping
Kata:	Heian Godan Tekki Shodan Tekki Nidan
Kumite:	Ippon , Sonpon Jiyu Self defence
Testing Points:	Same as 5 kyu