

6th Kyu Rank Examination Requirements

20 days of practice

- Bowing: Sitting (za rei), Standing (ritsu rei)
- Wrist Stretching Exercises
- Funakogi Undo (rowing exercise)
- Ukemi: Mae and Ushiro
- Shikko (knee walking)
- Kosadori irimi
- Katatedori Irimi Tenkan
- Attacks: Shomenuchi, Katatedori, Kosadori, Ryotedori, Morotedori