

**Genbukai Canada**  
**6<sup>th</sup> kyu grading requirements**  
**Green belt**

**STANCES**

Attention stance	Heisoku Dachi
Back stance	Kokutsu Dachi (new for this level)
Cat stance	Neko Ashi Dachi
Forward stance	Zenkutsu Dachi
Open-Leg stance	Soto Hachiji Dachi
Square stance	Shiko Dachi
Straddle stance	Naifanchi Dachi
Tension stance	Sanchin Dachi (new for this level)

**BLOCKS**

Inside centre block	Yoko Uke
Knifehand block	Shuto Uke
Lower block	Harai Uke
Outside centre block	Yoko Uchi Uke
Rising/Upper block	Age Uke

**HAND TECHNIQUES**

Lunge punch	Oi Tsuki
Reverse punch	Gyaku Tsuki
Straight punch	Choku Tsuki

**LEG TECHNIQUES**

Front snap kick	Mae Geri
Roundhouse kick	Mawashi Geri
Side thrust kick	Yoko Geri Kekomi

**COMBINATIONS**

Basic blocks with reverse punch (new for this level)  
Basic kicks with reverse punch (new for this level)

**KUMITE**

One-step sparring      Kihon Ippon Kumite

**KATA**

Kihon Kata  
Pinan Ni Dan  
Pinan Sho Dan  
Pinan San Dan (new for this level)