

6th Grade



Basics

Improved Basic Techniques



Patterns

Left and Right Four-directional punch

8th Grade pattern

7th Grade pattern

6th Grade pattern



Self-defence

Handshakes & Wrist grabs - single (6)

Double arm Wrist grabs

Chest/Lapel grabs

Throat grabs (front & behind)

Hair grabs (2)

Ground – side mount (2)

Bear Hug (front & back)

Full Nelson

Armlock

min of 6

min of 4



Sparing

One-step sparing (13 movements)

Free sparing

One-step semi sparing