

6th Kyu — Yellow Belt

BEGINNER GRADES | Technical examination standard

Objective

Complete the fundamental punch repertoire.

Required techniques

Lead/rear uppercuts; lead/rear side kick; slips; kick blocking; pivots.

Mandatory combinations

- Jab–Cross–Lead Hook–Cross
- Jab–Cross–Lead Uppercut–Cross
- Front Kick–Jab–Cross–Roundhouse
- Jab–Cross–Lead Hook–Rear Side Kick
- Slip–Cross–Lead Hook
- Parry–Cross–Rear Roundhouse

Defensive application

Slip left/right; body cover; kick check where legal.

Practical examination

Six combinations; 2 × 2-minute pads; four defensive applications.

Knowledge and conduct

Basic WKO rules and protective equipment.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.