



**DELHI PUBLIC SCHOOL BARASAT**

**CBSE AFFILIATION NO. 243031**

**SYLLABUS**

**CLASS – VI**

**SESSION 2026-2027**

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**SCHOLASTICS SYLLABUS.**

**SUBJECT: ENGLISH**

**Pre-Mid-Term Examination**

**ENGLISH LANGUAGE:**

1. Verbs: Introduction
2. Articles
3. Pronouns
4. Informal Letter Writing
5. Comprehension

**ENGLISH LITERATURE:**

1. A Caterpillar Called Matthew
2. The Classroom in the Train
3. Foreign Lands
4. The Story of Amber Beads

**Rapid Reader (Gulliver's Travel)**

1. How I Came to Lilliput
2. How I was Taken to Mildendo, the Capital City of Lilliput

**Mid-Term Examination**

**ENGLISH LANGUAGE:**

1. Adjectives
2. Adjectives: Comparison
3. Adverbs
4. Subject and Predicate

5. Sentence Kinds: Based on Function
6. Formal Letter Writing
7. Story Writing
8. Comprehension

### **ENGLISH LITERATURE:**

1. The Banyan Tree
2. The Laburnum
3. Leah's Pony
4. Attila

### **Rapid Reader (Gulliver's Travel)**

1. How I Made Friends with the People of Lilliput
2. How I Defeated the Enemies of Lilliput

## **Post Mid-Term Examination**

### **ENGLISH LANGUAGE:**

1. Sentence Kinds: Based on Structure
2. Phrases and Clauses
3. Conjunction
4. Prepositions
5. Notice Writing
6. Comprehension

### **ENGLISH LITERATURE:**

1. The Duck
2. Forged in Fire
3. The Marble Champ
4. Olympic Granny

### **Rapid Reader (Gulliver's Travel)**

1. How my Enemies Planned to Destroy Me
2. How I Escaped from My Enemies and Returned to My Own Country

## **Annual Examination**

### **ENGLISH LANGUAGE:**

1. Verbs: Present, Past and Future
2. Subject Verb Agreement
3. Active and Passive Voice
4. Direct and Indirect Speech
5. Dialogue Writing
6. Essay Writing

## 7. Comprehension

### **ENGLISH LITERATURE:**

1. The Canterville Ghost
2. Dal Delight
3. In the Bazars of Hyderabad
4. The Little Green Orchard

### **Rapid Reader (Gulliver's Travel)**

1. How Gulliver Came to Visit Brobdingnag
2. How Gulliver was Taken Home by a Giant Farmer

\*Friday Afternoon Book will be done every alternate week for comprehension practice.

## **SUBJECT: MATHS**

**Text Book-R S Agarwal (Followed By NCERT Syllabus)**

### **TERM I**

#### **PRE-MID-TERM**

1. Mathematical Patterns
2. Prime Time (HCF & LCM)
3. Number Play

#### **MID-TERM**

4. Perimeter & Area
  5. Symmetry
- Repeat Ch- 1,2,3

### **TERM II**

#### **POST MID-TERM**

6. Integers
7. Fraction
8. Lines & angles

## **ANNUAL EXAMINATION**

9.Construction

10.Data Handling

Repeat Ch-2,3,4,6,7,8

## **SUBJECT: SCIENCE**

### **PRE-MIDTERM**

- |                                     |        |
|-------------------------------------|--------|
| 1. Exploring the Marvels of Science | (BIO)  |
| 2. Materials Around Us              | (CHEM) |
| 3. Measurement of Length and Motion | (PHY)  |

### **MIDTERM**

- |                                                    |        |
|----------------------------------------------------|--------|
| 1. Exploring the Marvels of Science (Revision)     | (BIO)  |
| 2. Mindful Eating- A Path to a Healthy body        | (BIO)  |
| 3. Materials around Us (Revision)                  | (CHEM) |
| 4. Simple ways to Separate Things in Everyday Life | (CHEM) |
| 5. Measurement of Length and Motion (Revision)     | (PHY)  |
| 6. Temperature and its Measurement                 | (PHY)  |

### **POST-MIDTERM**

- |                                  |        |
|----------------------------------|--------|
| 1. Diversity in the Living World | (BIO)  |
| 2. Nature's Treasures            | (CHEM) |
| 3. Beyond Earth                  | (PHY)  |

### **ANNUAL EXAMINATION**

- |                                                               |        |
|---------------------------------------------------------------|--------|
| 1. Living Creatures: Exploring their Characteristics          | (BIO)  |
| 2. Diversity in the Living World (Revision)                   | (BIO)  |
| 3. Mindful Eating- A Path to a Healthy body (Revision)        | (BIO)  |
| 4. Water: The Curious Journey from Solid to Gas               | (CHEM) |
| 5. Nature's Treasures (Revision)                              | (CHEM) |
| 6. Simple ways to Separate Things in Everyday Life (Revision) | (CHEM) |
| 7. Exploring Magnets                                          | (PHY)  |
| 8. Beyond Earth (Revision)                                    | (PHY)  |

## **SUBJECT: SST**

### **AS PER NEW NCERT TEXT BOOK**

#### **PRE-MID TERM:**

##### **HISTORY**

- Timeline and Sources of History

##### **CIVICS**

- Family and Community

### GEOGRAPHY

- Locating Places on the Earth

### ECONOMICS

- Value of Work (Up to Types of Economic Activities)

### MID-TERM:

#### HISTORY

- India, that is Bharat
- The Beginnings of Indian Civilization
- Map Skill (Indus Sites)

#### CIVICS

- Family and Community (Revision)
- Grassroot Democracy – Part 1 Governance

### GEOGRAPHY

- Oceans and Continents
- Locating Places on the Earth (Revision chapter)
- Map Work (World Map)

### ECONOMICS

- The Value of Work (Full Chapter)

### POST-MID TERM:

#### HISTORY

- India's Cultural Roots

#### CIVICS

- Grassroot Democracy – Part 2

### GEOGRAPHY

- Unity in Diversity, or 'Many in the One'
- Map Work (India Map)

## ECONOMICS

- Economic Activities Around US (Excluding Interdependence Among Sectors)

## ANNUAL: HISTORY

- India's Cultural Roots (Revision)
- The Beginnings of Indian Civilization (Revision)
- Map Skill (India Map)

## CIVICS

- Grassroot Democracy – Part 2
- Grassroot Democracy – Part 3

## GEOGRAPHY

- Landforms and Life
- Oceans and Continents
- Map Work (India Map)

## ECONOMICS

- Economic Activities Around US (Full Chapter)

## **SUBJECT: COMPUTER**

### **PRE MID TERM:**

**Chapter 1: Categories of Computer and Computer Languages**

**Chapter 2: File Management – Organisation of Data**

### **MID TERM:**

**Chapter 1: Categories of Computer and Computer Languages**

**Chapter 2: File Management – Organisation of Data**

**Chapter 3: Word Processor – Tabular Presentation**

**Chapter 4: Word Processor – Mail Merge**

### **POST MID TERM:**

**Chapter 5: Presentation – Visual Effects**

**Chapter 8: Internet – Online Surfing**

### **ANNUAL EXAMINATION:**

**Chapter 6: Scratch Programming – Advanced Features**

**Chapter 7: HTML – An Introduction**

**Chapter 8: Internet – Online Surfing**

**Add On: AI and Robotics**



## **SUBJECT: HINDI 2<sup>ND</sup> LANGUAGE**

### Pre-Mid Term

#### साहित्य

#### मल्हार

- 1) मातृभूमि
- 2) हार की जीत

#### बाल रामायण

बाल कांड

#### व्याकरण संबोध

- 1) वर्णमाला, वर्ण-विच्छेद
- 2) शब्द-मंजूषा—पर्यायवाची शब्द, विलोम शब्द

#### लेखन

- 1) पत्र-लेखन (अनौपचारिक)
- 2) अनुच्छेद लेखन
- 3) अपठित गद्यांश

### Mid-Term

#### साहित्य

#### मल्हार

- 1) पहली बूंद
- 2) मेरी माँ

#### बाल रामायण

- 1) आयोध्या कांड
- 2) अरण्य कांड

#### व्याकरण संबोध

- 1) शब्द और उनका वर्गीकरण ---तत्सम-तदभव
- 2) विशेषण
- 3) अनेक शब्दों के लिए एक शब्द

#### लेखन

- 1 पत्र-लेखन (अनौपचारिक)
- 2 चित्र वर्णन
- 3 संवाद लेखन
- 4 अपठित गद्यांश

### TERM--II

### Post- Mid Term

#### साहित्य

- 1) रहीम के दोहे
- 2) परीक्षा कहानी

### **बाल रामायण**

- 1) किष्किन्धा कांड
- 2) सुंदर कांड

### **व्याकरण संबोध**

- १) संज्ञा
- २) वचन
- ३) लिंग

### **लेखन**

- १) पत्र लेखन (औपचारिक)
- २) कहानी लेखन
- ३) अपठित गद्यांश

### **ANNUAL**

### **साहित्य**

### **मल्हार**

- १) चेतक की वीरता
- २) हिन्द महासागर में छोटा-सा हिंदुस्तान

### **बाल रामायण**

### **युद्ध कांड**

### **व्याकरण संबोध**

- १) काल
- २) क्रिया
- ३) वर्तनी एवं वाक्य रचना सम्बन्धी अशुद्धियाँ

### **लेखन**

- 1) पत्र लेखन (औपचारिक पत्र)
- २) संवाद लेखन
- ३) अनुच्छेद लेखन
- ४) अपठित गद्यांश

**SUBJECT: BENGALI**  
**CLASS: VI(2nd language)**  
**TERM WISE SYLLABUS**

**Pre Mid Term**

**সাহিত্য মঞ্জুরী-**

সবচেয়ে ভালো

ভারতের শিল্প বিজ্ঞান সাধনা

বস্তি

**ভাষা প্রসঙ্গ**

স্বরসন্ধি (সূত্র ১- ৬)

পুরুষ

**গল্প সঞ্চয়ন-**

রামের সুমতি

বোধ পরীক্ষণ

**Mid Term**

**সাহিত্য কথা**

শ্রীরামকৃষ্ণ ও নরেন

ভার্সাই শহরে মধুসূদন

প্রার্থনাতীত দান

**ভাষা প্রসঙ্গ**

বিশেষণের প্রকারভেদ

পদ পরিবর্তন (নির্বাচিত)

**গল্প সঞ্চয়ন-**

হাতির ফটো

ভাগ্যবানের বোঝা

পত্র রচনা

বোধ পরীক্ষণ

**Post Mid TERM**

**সাহিত্য কথা**

জীবাণু আবিষ্কার

প্রিয় মুখুজ্যে

রঙ বদলের ব্যাপার স্যাপার

**ভাষা প্রসঙ্গ**

অব্যয় পদ ও তার শ্রেণিবিভাগ

প্রায় সমোচ্চারিত ভিন্নার্থক শব্দ (নির্বাচিত)

**গল্প সঞ্চয়ন-**

রাতের আলাপ

বোধ পরীক্ষণ

#### ANNUAL EXAMINATION

**সাহিত্য কথা**

শ্রীঅরবিন্দ

আমাজনের উৎস সন্ধানে

সাগর-তর্পণ

**ভাষা প্রসঙ্গ**

স্বরসন্ধি (সূত্র ৭ – ১২)

সমার্থক শব্দ (নির্বাচিত)

**গল্প সঞ্চয়ন-**

একটি ছোট্ট মেয়ের গল্প

দাওয়াই

দিনলিপি বা ডায়েরি লিখন

বোধ পরীক্ষণ

SUBJECT: BENGALI 3<sup>RD</sup> LANGUAGE

### Pre Mid Term

স্বরবর্ণ : অ থেকে ঔ

ব্যঞ্জনবর্ণ : ক থেকে ঙ

শূন্যস্থান পূরণ

### Mid Term

বানান চিহ্ন অ, আ (া), ই (ি), ঈ (ী)

বানান চিহ্ন যোগ করে শব্দ গঠন

এলোমেলো বর্ণ সাজিয়ে শব্দ গঠন

শব্দে শূন্যস্থান পূরণ

সংখ্যা — এক থেকে দশ

### Post Mid TERM

বানান চিহ্ন এ (ে), ঐ (ৈ)

বানান চিহ্ন যোগ করে শব্দ গঠন

এলোমেলো বর্ণ সাজিয়ে শব্দ গঠন

শূন্যস্থান পূরণ

সংখ্যা — এগারো থেকে কুড়ি

## ANNUAL EXAMINATION-

बानान चिह्न अ থেকে ও (ভৌ)

बानान चिह्न যোগ করে শব্দ গঠন

এলোমেলো বর্ণ সাজিয়ে শব্দ গঠন

শব্দার্থ

সংখ্যা – কুড়ি থেকে ত্রিশ

SUBJECT: HINDI<sup>3<sup>RD</sup></sup> LANGUAGE

PRE MID TERM

TERM I

### Pre-Mid Term

- 1) वर्णमाला
- 2) शब्द ज्ञान
- 3) आ - की मात्रा
- 4) इ -ई की मात्रा
- फल, फूल के नाम

### Mid-Term

- 1) उ की मात्रा
- 2) ऊ की मात्रा
- 3) ए की मात्रा
- 4) ऐ की मात्रा
- 5) ओ की मात्रा
- 6) औ की मात्रा
- पक्षी और पशु का नाम

गिनती (१-१० तक)

**TERM II**

**Post–Mid Term**

- 1) अनुस्वार का प्रयोग
- 2) अनुनाशिक का प्रयोग
- 3) विसर्ग की मात्रा
- 4) ऋ,रेप,र पदेन का प्रयोग

रंगों के नाम

**ANNUAL-**

- 1) मोर
- 2) प्यासा कौवा
- 3) बारिश आई
- 4) स्कूल बस
- 5) हाथी और दोस्त

(गिनती ११-२०)

**SUBJECT: FINANCIAL LITERACY**

**Term 1**

**1. Teamwork:**

Importance of collaboration in achieving common goals and financial decision-making.

**2. Introduction to Financial Literacy:**

Basic financial concepts and the evolution of money.

Understanding the difference between ‘Needs’ and ‘Wants’.

Introduction to saving and budgeting.

Understanding the barter system and cash memos.

**Term 2**

**1. Banking:**

Introduction to the banking system.

Types of bank accounts.

Role of the Reserve Bank of India (RBI).

Understanding bank services, including loans.

**2. Digital Payments & Security:**

Introduction to digital transactions.  
Security measures for digital payments.  
Safe practices to avoid financial fraud.

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**DELHI PUBLIC SCHOOL BARASAT**

**CBSE AFFILIATION NO. 243031**

**SESSION 2026-2027**

**SYLLABUS**

**CLASS – VI**

**CO-SCHOLASTICS SYLLABUS.**

|  | <b>SUBJECT: SWIMMING (SYLLABUS BIFURCATION)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>CLASS – VI</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|  | <ol style="list-style-type: none"><li>1. RULES AND REGULATIONS</li><li>2. WARM UP-<ol style="list-style-type: none"><li>1.RUNNING</li><li>2.STRETCHING</li><li>3.ROTATION EXERCISE</li><li>4. MUSCLE BUILD TRAINING</li></ol></li><li>SKILL-<ol style="list-style-type: none"><li>3. BREATHING CONTROL</li><li>4. FLOATING WITH KICK ALONG WITH BREATHING</li><li>5. USAGE OF KICK-BOARD</li><li>6. FREESTYLE KICK DRILL</li><li>7. FREESTYLE PULL DRILL WITH BOARD</li><li>8. FREESTYLE SWIM</li><li>9. DIVING TECHNIQUES</li><li>10.TURNING TECHNIQUES</li></ol></li></ol> |



|  |                                                                                                                                                                                                                                                                                                      |
|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | 11.BACK FLOATING<br>12. BACKSTROKE KICK<br>13.BACKSTROKE PULL<br>14.BACKSTROKE SWIM<br>15.BACKSTROKE START<br>16.BUTTERFLY KICK<br>17.INTRODUCTION & PRACTICE OF OTHER THREE STROKES<br>(BACK STROKE, BREAST STROKE, BUTTERFLY)<br>18.START & TURNING<br>19.STREAMLINE<br>20.UNDERWATER DOLPHIN KICK |
|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### HEALTH AND PHYSICAL EDUCATION

| CLASS/GROUP | 1 <sup>ST</sup> TERM                                                                                                                                                                                                                                                                                                  | 2 <sup>ND</sup> TERM                                                                                                                                                                                                                                                                                  |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| VI          | <b>PHYSICAL ACTIVITY:</b><br>Calisthenics<br>General Physical fitness training<br>Command and marching<br>Various drills<br>Cross Country run within school campus<br>Yoga and Meditation<br><br><b>GAMES-</b><br>Kho-Kho<br>Football<br>Handball<br>Cricket<br>Table Tennis<br>Basketball<br><br><b>LIFE SKILLS-</b> | <b>PHYSICAL ACTIVITY:</b><br>Calisthenics<br>General Physical fitness exercises<br>Command and marching<br>Various drills<br>Cross Country run within school campus<br>Yoga and Meditation<br><br><b>GAMES-</b><br>Kho-Kho<br>Football<br>Handball<br>Cricket<br>Badminton<br>Basketball<br>Athletics |

|  |                                                           |                                                                                                                           |
|--|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
|  | Leadership skills<br>Decision making<br>Critical thinking | <b>LIFE SKILLS-</b><br>Leadership skill<br>Decision making<br>Critical thinking<br>Communication skills<br>Self-awareness |
|--|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|

### CHESS

| CLASS/GROUP | 1 <sup>ST</sup> TERM                                                                                                                                                                                                                                                                                                                                                                                                      | 2 <sup>ND</sup> TERM                                                                                                                                                                                                                                                                                                            |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| VI          | <b>ACTIVITY</b><br>Board Geometry<br>Visualization<br>Coordinate Identification<br>Piece Mechanics Training<br>Touch-Move Discipline<br>Rapid Tactical Drills<br>(Forks/Pins)<br><br><b>GAMES</b><br>Pawn Wars<br>Piece Odds Matches<br>Capture-All Variant<br>Swiss-Style Rapid Play<br>Solo Puzzle Sprints<br>Checkmate Patterns Race<br><br><b>SKILLS</b><br>Leadership skills<br>Decision making<br>Critical thinking | <b>ACTIVITY</b><br>Pattern Recognition<br>Endgame Training<br>Clock Management<br>Notation Practice<br>Blindfold Exercises<br><br><b>GAMES</b><br>Blitz Play<br>Simultaneous Play<br>Endgame Challenges<br>Blindfold Mini-Games<br>Puzzle Rush<br><br><b>SKILLS</b><br>Leadership skill<br>Decision making<br>Critical thinking |

### SUBJECT: ART AND CRAFT

|                               |                                      |
|-------------------------------|--------------------------------------|
| TERM-1<br><br>1)Art Education | TERM-2<br><br>1)Tools and techniques |
|-------------------------------|--------------------------------------|

|                |                    |
|----------------|--------------------|
| 2)Form         | 2)Art Vocabulary   |
| 3) Colour      | 3)Art Appreciation |
| 4) Texture     | 4) Perspective     |
| 5) Composition |                    |

### SUBJECT-DANCE

| CLASS | TOPIC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| VI    | <p>TERM 1–<br/> TATTA ADHAVU AND NATTA ADHAVU 1 TO 9 AND<br/> INTRODUCTION OF FLEMINGO DANCE.<br/> PANCHAKSHARA STOTRA.....<br/> DANCE ON A RABINDRA SANGEET.....<br/> 15 ASAMYUKTA HASTA AND 15 SAMYUKTA HASTA MUDRA<br/> INTRODUCTION OF BHOOMICHAARI<br/> THEORY-<br/> INTRODUCTION TO DIFFERENT CLASSICAL DANCE STYLES<br/> INDIAN AND WESTERN</p> <p>INTRODUCTION TO THE ORIGIN OF BHARATNATYAM<br/> AND KATHHAK</p> <p>TERM 2-<br/> NATTA ADHAVU 1 TO 14 AND ODISSI CHAUKA<br/> ANGIKAM<br/> DANCE ON A FOLK SONG....<br/> 15 ASAMYUKTA HASTA AND 15 SAMYUKTA HASTA MUDRA<br/> INTRODUCTION OF BHOOMICHAARI<br/> THEORY-<br/> INTRODUCTION TO DIFFERENT CLASSICAL DANCE STYLES<br/> INDIAN AND WESTERN, MUDRAS</p> <p>INTRODUCTION TO THE ORIGIN OF BHARATNATYAM<br/> AND KATHHAK</p> |

## **SUBJECT: MUSIC**

### **PRE-MID-TERM**

#### **SONGS:**

1. Antore tumi acho chirodin
2. Bam bam bole
3. Pass me not

#### **INDIAN CLASSICAL:**

**Raag: Kafi sapat**

### **MID-TERM**

#### **SONGS:**

1. Be a light
2. Shri Krishna govibda hare murari
3. Small and simple faith

#### **INDIAN CLASSICAL:**

**Raag: Kafi sapat**

### **POST MID-TERM**

#### **SONGS:**

1. I'm thankful
2. Mon re krishikaj jano na
3. Shiv kailash ke vasi

#### **INDIAN CLASSICAL:**

**Raag: kafi bandfish/sargam geet**

### **ANNUAL EXAM**

1. Edelweiss
2. Puff the magic dragon
3. Amar haat bandhibi

## **INSTRUMENTS**

## **SUBJECT: VIOLIN**

### **PRE-MID-TERM:**

- Position shifting (1st to 2nd)
- Introduction to A Minor Scale

### **MID-TERM:**

- Simple double stops (playing two strings together)

- Learning a folk or classical piece

#### **POST-MID-TERM:**

- Ornamentation techniques (grace notes, trills)
- Practicing expressive playing

#### **ANNUAL EXAM:**

- Performing a light classical composition
- Demonstrating technical control

### **SUBJECT: TABLA**

#### **PRE-MID-TERM:**

- Developing speed in Kaidas and Relas
- Practicing advanced Tihai

#### **MID-TERM:**

- Playing Jhaptal and Rupak with variations
- Introduction to Chautal (12 beats)

#### **POST-MID-TERM:**

- Solo playing techniques
- Advanced Peshkar in Teentaal

#### **ANNUAL EXAM:**

- Full solo performance in a selected Taal
- Understanding of rhythm cycles

**\*\*Syllabus is subject to change**

### **KAUSHAL BODH**

#### **TERM 1-**

1. School Kitchen Garden
2. Animation and Games

#### **TERM 2-**

3. Cooking without Fire

### **KARATE SYLLABUS**

#### **HALF YEARLY**

**INTRODUCTION OF KARATE AND SELF DEFENCE**  
**TYPES OF PRIMARY PUNCHES**  
**TYPES OF PRIMARY BLOCKS**  
**TYPES OF PRIMARY KICKS**  
**TYPES OF PRIMARY STANCES**  
**FITNESS**  
**1ST KATA -TAIKIUE JODAN**  
**2ND KATA-TAIKIUKE CHUDAN**

**ANNUAL**  
**TYPES OF ADVANCE PUNCHES**  
**TYPES OF ADVANCE BLOCKS**  
**TYPES OF ADVANCE KICKS**  
**TYPES OF ADVANCE STANCES**  
**KATA GEKI SAI ICHI**  
**SELF DEFENCE**



