

# 5<sup>th</sup> KYU

(Blue Belt)

## KIHON

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
1	Zenkutsu Dachi	Gedan Barai		
a)		Oi Zuki	Fwd/Back	3
b)		Gyaku Zuki	Fwd/Back	3
c)		Ren Zuki	Fwd/Back	3
d)		Sanbon Zuki	Fwd/Back	3
e)		Age Uke / Gyaku Zuki	Fwd/Back	3
f)		Uchi Uke / Gyaku Zuki	Fwd/Back	3
g)		Soto Uke / Gyaku Zuki	Fwd/Back	3
h)		Gedan Barai / Gyaku Zuki	Fwd/Back	3
2	Kokutsu Dachi	Shuto Uke		
		Shuto Uke / Nukite (Zenkutsu)	Fwd/Back	3
3	Zenkutsu Dachi	Gedan Barai / Kamae-Te		
a)		Mae Geri / Gyaku Zuki		3
b)		Yoko Geri Kekomi / Gyaku Zuki		3
c)		Mawashi Geri / Gyaku Zuki		3
d)		Ura Mawashi Geri / Gyaku Zuki		3
4	Zenkutsu Dachi	Shiho Uke		
		Tate Empi Uchi		4
		Otoshi Tetsui		4
		Yoko Uraken		4
5	Zenkutsu Dachi	Shiho Uke Gyaku Hanmi		
		Gyaku Soto Shuto Uchi		4
		Gyaku Haito Uchi		4
		Gyaku Keito Uchi		4

ビルキルカラ

空手

道場

## KUMITE

- a) Kihon Ippon Kumite  
Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri / Ura Mawashi
- b) Sanbon Kumite  
Jodan / Chudan / Gedan
- c) Jiyu Ippon Kumite  
Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri / Ura Mawashi

## KATA

- a) Heian Sandan
- b) Heian Yondan
- c) Happo Taikyoku

ビル  
キル  
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カラ

空  
手  
道  
場