

5th KYU



(Blue Belt)

KIHON (sanbon, renraku waza)

Zenkutsu Dachi / Gedan Barai

- Age Uke / Uraken / Gyaku Zuki F/B 3
- Soto Uke / Yoko Empi (Kiba dachi) / Gyaku Zuki F/B 3
- Uchi Uke / Kizami Zuki / Gyaku Zuki F/B 3
- Gedan Barai / Uraken / Gyaku zuki F/B 3
- Shuto Uke (Kok.dachi) / Nukite / Shuto Uke (Zen. dachi) F/B 3

Shiho waza (Start in Hachiji Dachi, steps in Zenkutsu dachi)

- **Shiho Waza** Gedan Barai
Tate Empi Uchi
Otoshi Tettsu
Yoko Uraken 
- **Gyaku Hanme** Soto Shuto Uchi
Haito Uchi
Keito Uchi 

Zenkutsu Dachi / Gedan barai

- Maegeri / Mawashi Geri Uraken / Gyaku Zuki 3
- Maegeri / Yoko kekomi Kekomi Uraken / Gyaku Zuki 3
- Maegeri / Ura Mawashi Geri Uraken / Gyaku Zuki 3
- Maegeri / Ushiro Geri Uraken / Gyaku Zuki 3

KATA

- Heian Sandan
- Heian Yondan
- Happo Taikyoku

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KUMITE KIHON IPPON

- | <u>Attack:</u> | <u>Block:</u> |
|------------------------------|--|
| • Jodan | Age Uke / Gyaku Zuki / Uraken |
| • Jodan | 45° to left Age Uke / Mae Ashi Mawashi Geri / Gyaku Zuki |
| • Jodan | 45° to right Tate Shuto Uke / Gyaku Zuki / Kizami Zuki |
| • Jodan | Age Uke / Kirikiashi Maegeri / Tate Empi |
| • Chudan | Soto Uke / Renzuki |
| • Chudan | 45° to left Uchi Uke/ Renzuki |
| • Chudan | 45° to right Shuto Uke / Kizami Geri / Nukite / Ren Shuto Uchi |
| • Chudan | Soto Uke right leg forward / Yoko Empi / Gyaku Zuki |
| • Maegeri | Gedan Barai / Renzuki |
| • Maegeri | 45° to left Gedan Barai / Renzuki |
| • Maegeri | 45° to right Gedan Barai / Renzuki |
| • Maegeri | Sotoude Uke / Ren Haito Uchi |
| • Mawashi Geri | Jodan or Chudan Uchi Uke / Kirikiashi Maegeri / Gyakuzuki |
| • Mawashi Geri | Jodan or Chudan Uchi Uke / Ura Zuki - Sochin (Kata) |
| • Mawashi Geri | Morote Heiko Shuto Uke (Kiba Dachi) / Yoko Empi / Mawashi Empi |
| • Yoko Geri kekomi | Soto Uke / Nage Waza / Gedan Zuki |
| • Yoko Geri kekomi | Otoshi Uke / Kirikiashi - Osoto Gari / Fumikomi Gedan |
| • Yoko Geri kekomi | Ushiro Gedan Barai 45° / Ushiro Geri / Gyakuzuki |
| • Uramawashi Geri Ura Ashi | Nagashi Uke / Gyakuzuki |
| • Uramawashi Geri Ura Ashi | Jodan Uchi Uke / Nage Waza / Gedan Gyakuzuki |
| • Uramawashi Geri Tsugi Ashi | Nagashi Uke / Gyakuzuki |
| • Ushiro Geri | Sukui Uke / Deashi Barai / Fumikomi Geri |
| • Ushiro Geri | Yoko Osai Uke / Renraku Waza |

JIYU IPPON KUMITE

Jodan – Chudan – Maegeri – Mawashi Geri

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