

5th Kyu (Blue Belt)



ZUKI WAZA (PUNCHES)

Oi-zuki Sambon-----Three Lunge Punch's
Gyakuzuki-----Reverse Punch
Kizami-Zuki-----Jab/Snap Punch
(Three of each)

UKE/UKE/GERI WAZA (COMBINATIONS)

Age-uke/Gyakuzuki/Gedan Barai----Upper block/Reverse punch/Downwards block
Soto-uke/Empi/Uraken----- Outside Block/Elbow strike/Back fist.
Uchi-uke/Kizami/Gyakuzuki-----Inside Block/Jab punch/Reverse Punch
Soto-uke- Gyakuzuki-----Outside Block & Reverse Punch
Shuto-Uke- Gyakuzuki-----Side of hand Block/Reverse Punch (Block in Back Stance)
(Also doing these going backwards) (Three of each)

KERI WAZA (KICKS)

Mae-geri keage-----Front Snap Kick
Mawashi-geri-----Roundhouse Kick
Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot
Ushiro-geri -----Back heel Thrust Kick
(The above in Zenkutsu-dachi -----Front Stance)
Yoko-geri-sokuto-keage-----Side Kick/Edge of foot/Snap Kick
Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot
(The above in Kiba-dachi-----Side Stance)
(Three of each)

KATA

Taikyoku – Shodan
Taikyoku – Sandan
Heian Shodan
Heian Nidan
New- Heian Sandan (At least two of these)

KUMITE (Sparring)

Ippon-Kumite-----One Step.
Ippon-Kumite (Kaeshi)-----One Step (The defender counter attacks).