



5th Kyu – Blue Belt Test.

Minimum 9 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

	Junzuki (<i>Front Punch</i>)
	Kette Junzuki (<i>Kick - Front Punch</i>)
	Junzuki Tsukkomi (<i>Leaning Punch to the Head</i>)
	Kette Junzuki Tsukkomi (<i>Kick - Leaning Punch to the Head</i>)
	Gyakuzuki Chudan (<i>Reverse Punch Body</i>)
	Kette Gyakuzuki (<i>Kick - Reverse Punch Body</i>)
	Gyakuzuki Tsukkomi (<i>Leaning Reverse Punch</i>)
	Kette Gyakuzuki Tsukkomi (<i>Kick - Leaning Reverse Punch</i>)
	Tobikomizuki From Shizentai (<i>Jab Punch from Natural Stance</i>)
	Nagashizuki From Shizentai (<i>Evasion Punch from Natural Stance</i>)
	Sokuto Chudan (<i>Side Kick Body</i>)
	Ushirogeri Chudan (<i>Back Kick Body</i>)
	Nidan Geri (<i>Jumping Kick 2 Kicks</i>)
	Uchi Mikazukigeri (<i>Inner Crescent Kick</i>)

UKE WAZA – BLOCKS

	Jodan Uke (<i>Head Block</i>)
	Gedan Barai (<i>Lower Block</i>)
	Soto Uke (<i>Outer Block</i>)
	Uchi Uke (<i>Inner Block</i>)
	Shuto Uke (<i>Knife Block in Back Stance</i>)
	Kake Uke (<i>Hooking Block in Back Stance</i>)

RENRAKU WAZA – SHORT COMBINATIONS

	Surikomi Maegeri Chudan - Kiai (<i>One Step Front Kick Body - Shout</i>)
	Ayumiashi Mawashigeri Chudan - Kiai (<i>Full Step Forward Round Kick Body - Shout</i>)

RENRAKU WAZA – LONG COMBINATIONS

	<p>Ayumiashi Maegeri Chudan – Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Chudan – Kiai <i>(Full Step Forward Front Kick Body – Evasion Punch to the Head – Reverse Punch Body – Round Kick Body – Shout)</i></p>
	<p>(Uraken Jodan / Gyakuzuki Chudan / Uraken Jodan) – Tsugiashi Sokuto Chudan – Ushirogeri Chudan – Gyakuzuki Chudan – Kiai <i>(Back Fist Head / Reverse Punch Body / Back Fist Head) – Step up Side Kick Body – Back Kick Body – Reverse Punch – Shout.)</i></p>
	<p>Uchi Mikazukigeri – Tobikomizuki Jodan / Gyakuzuki Chudan – Maekekomi Chudan – Kiai <i>(Inward Crescent Kick – No Step Through (Jab Punch Head / Reverse Punch Body) – Thrusting Front Kick – Shout)</i></p>

KATA LIST 1 (Panel Will Pick 1)

	Pinan Nidan, Pinan Shodan, or Pinan Sandan
	1.

GRADE KATA (The Student Must Complete This Kata).

	Pinan Yodan
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PAIR WORK

	Kihon Gumite – 2
	Ohyo Gumite – 2

SELF DEFENCE (To Be Shown With Power, Control and Good Technique)

	1 From a Punch.
	1 From a Kick.
	1 From a Choke.
	1 of Your Choice.
	1 of Your Choice.

	JI YU KUMITE – (Free Fighting / Sparring) (Please Bring Sparring Kit)
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NOTES - COMMENTS.