

5 KYU-BLUE BELT

KIHON

1. Oi-tsuki, zkd
2. Sanbon-tsuki, zkd
3. Age-uke/gyaku-tsuki, zkd
4. Uchi-uke/gyaku-empi-uchi, zkd
5. Soto-uke/yoko-empi-uchi/gyaku-tsuki, zkd/kbd/zkd
6. Shuto-uke/kizami-mae-geri/gyaku-tsuki, kkd/zkd
7. Haito-uchi, zkd
8. Kizami-mae-geri/mae-geri, zkd/hsd/zkd
9. Yoko-geri-keage, kbd
10. Yoko-geri-kekomi, kbd
11. Mawashi-geri, zkd
12. Ura-mawashi-geri, zkd
13. Ushiro-geri (back forward), zkd
14. Mae-geri/mawashi-geri, zkd/hsd/zkd
15. Shiho-uraken-uchi, zkd

KATA: Heian-YONDAN

KUMITE: KIHON-IPPON-KUMITE:

TORI: Oi-tsuki jodan
 Oi-tsuki chudan
 Mae-geri chudan
 Mawashi-geri jodan
 Yoko-geri chudan

UKE: Kontr. Gyaku-tsuki, uchi, empi

Zkd-Zenkutsu-dachi
 Kkd-Kokutsu-dachi
 Kbd-Kiba-dachi
 Hsd-Heisoku-dachi

