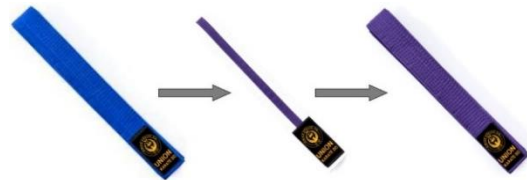




Purple Belt 5th Kyu



1 – YONHONME SONABA KIHON: (Basic Techniques on the spot)

Shiko Dachi

Shido Shioba Zuki – **1.1-** Jodan/Jodan, Chudan/Chudan (Punch Head/Head, Body/ Body) **1.2-** Chudan/Chudan, Jodan/Jodan (Punch Body/Body, Head/Head) **1.3-** Gedan/Gedan, Naname/Naname (Lower Body/Lower Body, Diagonally/Diagonally)
Nido Uke Sonoba Zuki -**1.4-** Jodan Uke, **1.5-** Gedan Barai, **1.6-** Gaiwan Uke, **1.7-** Naiwan Uke (Double Block, Upper, Lower, Middle followed by Body Punch Twice)

2 - YONHONME SONABA KEKAESHI KERI WAZA: (Quadruple Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)

2.1- Yonhonme Sonaba Geri – Maegeri/ Maegeri, Mawashigeri/ Mawashigeri (Front/Front, Side/Side), **2.2-** Maegeri, Mawashigeri/ Mawashigeri, Sokutogeri, (Front, Side/Side, Thrust), **2.3-** Mawashigeri, Sokutogeri, Sokutogeri, Ushirogeri (Side, Thrust, Thrust, Back), **2.4-** Maegeri, Mawashigeri, Sokutogeri, Ushirogeri, (Front, Side, Thrust, Back)

3 - AYUMI ASHI KAESHI KIHON: (Basic techniques moving forward)

Junzuki Dachi (Forward Punching Stance) **3.1-** Jodan Zuki, Chudan Zuki, **3.2-** Jodan Uke, Gedan Barai **3.3-** Gaiwan Uke, Naiwan Uke **3.4-** Naiwan Uke, Gedan Barai **3.5-** Jodan Uke, Naiwan Uke, Gedan Barai (Moving Forwards, Body Punch, Blocking Upper, Lower, Middle Twice or Three times on the same Arm) **3.6-** Gyakuzuki Jodan Zuki, Chudan Zuki i (Forward Reverse Punch High/ Low) **3.7-** Hiji Uke – Jodan Uraken Uchi, (Elbow Block, Head Strike) **3.8-** Mahanmi Neko Ashi Dachi, Ayumi Ashi Kakete Uke, (Back Stance, Stepping Through Hook Hand Block) **3.9-** Ritsu Mae Ukemi Tobi Maegeri (Standing Forward Breakfall into Jump Kick)

4 - RENRAKU WAZA: (Combination Techniques)

Hanmi Gamae, (Fighting Stance), **4.1-** Chudan Mikazukigeri, Tsugi Ashi Sokuto Kabanashi, Gyakuzuki Chudan (Crescent Kick Outside to In, Thrust Kick to Body, Reverse Body Punch)

Hanmi Gamae, (Fighting Stance), **4.2-** Surikomi Mawashigeri Jodan, Ayumi Ashi Hizageri, Chudan Mawashi Empi (Slide Back Foot Through Side Kick to Head, Stepping Through Knee Strike, Reverse Side Elbow Strike to the Body)

5 - OYO WAZA: (Pair Work)

5.1a- Number Nine – Tori Mi: Kakete Uke, Mawashigeri Chudan, Gyakuzuki Chudan. (Hook Hand Block, Side Kick to the Body, Reverse Punch To The Body) **5.1b- Uki Mi:** Junzuki Jodan (Straight punch to partner's face)

5.2a- Number Ten – Tori Mi: Gedan Barai, Maegeri, Hizageri (Lower Block, Front Kick, Knee Strike)

5.2b- Uki Me: Junzuki Chudan. (Straight punch to partner's body)

6 - KATA: (Sequence of Techniques with Form)

6.1- Pinan Sandan **6.2-** Pinan Yondan

7 - JI YU KUMITE: (Free Fighting) Three Exchanges

8 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

9 - TAMESHIWARI: Break the Red Board



ALL OF OUR GRADES ARE
NATIONALLY RECOGNISED

