

To Achieve White Purple/ Purple Belt 5th Kyu



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

Shiko Dachi/ (Horse Riding Stance), Shido Shioba Zuki/ (Punch Four Times), – **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), **1.4** - Jodan Uke Nido, Zuki Nido/ (High Twice and Punch Twice), **1.5** - Gedan Barai Nido, Zuki Nido/ (Low Twice and Punch Twice), **1.6** - Gaiwan Uke Nido, Zuki Nido/ (Outside Twice and Punch Twice), **1.7** - Naiwan Uke Nido, Zuki Nido/ (Inside Twice and Punch Twice)

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

Jigo Tai/ (Feet apart at Shoulder Width), Yonhonme Sonaba Geri/ (Four Kicks on One Leg), **2.1** – 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/ (High/ Low Punches), **3.2** - Jodan Uke, Gedan Barai/ (High/ Low Block), **3.3** - Gaiwan Uke, Naiwan Uke/ (Outside/ Inside Block), **3.4** - Naiwan Uke, Gedan Barai/ (Inside/ Low Block), **3.5** - Jodan Uke, Naiwan Uke, Gedan Barai/ (High/ Inside/ Low Block) **3.6** - Gyakuzuki Jodan Zuki, Chudan Zuki/ (Forward Reverse Punch High/ Low), **3.7** - Ayumi Ashi Shiko Dachi, Hiji Uke, Jodan Uraken Uchi/ (Horse Riding Stance/ 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 Kebanashi, 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 Board (Red)

