



5th Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai in Zenkutsu Dachi:

1. Jodan Oi Zuki, Gyaku Zuki x 5 Forward Steps
2. Jodan Age Uke, Gyaku Zuki (Block & Counter) x 5 Backward Steps
3. Chudan Soto Uke, Gyaku Zuki (Block & Counter) x 5 Forward Steps
4. Chudan Uchi Uke, Gyaku Zuki x 5 Backward Steps
5. Gedan Barai, Gyaku Zuki x 5 Forward Steps

From Shuto Uke in Kokutsu Dachi:

6. Shuto Uke, Nekoashi Dachi, Gedan Barai x 5 Backward Steps

From Gedan Barai in Zenkutsu Dachi:

7. Mae Geri, Oi Tsuki x 5 Forward Steps

*Mawatte Gedan Barai in Zenkutsu Dachi.
From Jiyu-no-kamae:*

8. Mawashi Geri, Gyaku Zuki x 5 Forward Steps

Mawatte Kiba Dachi:

9. Yoko Geri Keage (Switch legs) Yoko Geri Kekomi x 3 Forward Steps

Mawatte Gedan Barai in Zenkutsu Dachi:

10. Uraken (Back Fist Strike), Gyaku Zuki x 5 Turning Steps

Kata

Heian Yondan

Junro Shodan

Junro Kata shall be assessed as a positive, and the attempt to perform the kata will be seen as a merit towards the grading result

Kumite

Kihon Ippon Kumite
(Jodan, Chudan, Mae Geri, Yoko Geri, Mawashi Geri)

Minimum Requirements

3 months & 24 lessons.

The Examiners

Examiners are looking for the appropriate degree of strength and sharpness of execution in each technique (Kion, Kata and Kumite)