

5th Kyu grading - purple belt

** new to this grade*

KIHON (basics) (no count)

*age-uke, uraken, gyaku-zuki x 5 **

*soto-uke, yoko-empi (kiba-dachi), gyaku-zuki (zenkutsu-dachi) x 5 **

*shuto-uke (kokutsu-dachi), kizame-mawashi-geri, gyaku-nukite (zenkutsu-dachi) x 5 **

*sanbon-zuki (jodan, chudan, chudan) x 5 **

*sanbon-gyaku-zuki (jodan, chudan, chudan) x 5 **

Keri-waza (kicking techniques)

mae-geri chudan x 5

mae-geri jodan x 5

mawashi-geri chudan x 5

*mawashi-geri jodan x 5 **

yoko-geri keage (kiba-dachi) x 3

yoko-geri kekomi (kiba-dachi) x 3

KUMITE (partner work) *kihon ippon-kumite* (1-step)

*jodan no.1 **
jodan oi-zuki
// age uke - gyaku-zuki

*jodan no.2 **
jodan oi-zuki
// shuto-uke (kokutsu-dachi, 45 deg)
gyaku jodan shuto-uchi (zenkutsu-dachi)

*chudan no.1 **
chudan oi-zuki
// soto uke (hidari) - gyaku-zuki

*chudan no.2 **
chudan oi-zuki
// soto-uke (migi) - yoko-empi-uchi (kiba-dachi)

*mae-geri no.1 **
mae-geri
// gedan-barai - gyaku-zuki

*mae-geri no.2 **
mae-geri
// gyaku gedan-barai, nihon-zuki

KATA (form)

*Heian Yondan **

5th Kyu grading - word list

Jodan

Upper level

Chudan

Middle level

Gedan

Lower level

Hidari

Left side

Migi

Right side

Zenkutsu-dachi

Front stance

Kokutsu-dachi

Back stance

Kiba-dachi

Horse-riding stance

Oi-zuki

Stepping punch (same side as leading leg)

Gyaku-zuki

Reverse punch (opposite to leading leg)

Nihon-zuki

Two punches (Ni = 2)

Sanbon-zuki

Three punches (San = 3)

Kizami-zuki

Leading jab punch

Nukite

Spear hand

Uraken

Back fist

Yoko-empi uchi

Side elbow strike

Shuto-uchi

Knife-hand strike

Age-uke

Rising block

Soto-uke

Outside block

Uchi-uke

Inside block

Shuto-uke

Knife-hand block

Gedan-barai

Lower-level block (sweep)

Mae-geri

Front kick

Mawashi-geri

Roundhouse kick

Kizame mawashi-geri

Leading leg (front leg) roundhouse kick

Yoko-geri

Side kick

Keage

Snap

Kekomi

Thrust