



5th Kyu - Blue Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Junzuki No Tsukkomi.
3. Kette Gyakuzuki.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Ushirogeri Chudan.
7. Sokuto Chudan.

Renraku Waza (Combination Techniques)

1. Mawashigeri - Ushirogeri - Gyakuzuki Chudan.
2. Surikomi Sokuto - Ushirogeri - Uraken Jodan.

Kata (Form)

- Pinan Sandan
- Pinan Yodan

Ohyo Gumite (Semi-Free Fighting)

- Ipponme (1)
- Nihonme (2)