

**Genbukai Canada**  
**5<sup>th</sup> kyu grading requirements**  
**Purple belt**

**\*All previous stances, blocks, hand and leg technique requirements**

**KIHON**

Basic blocks with reverse punch  
Basic kicks with reverse punch  
Mae geri, yoko geri, gyaku tsuki combination  
Yoko uke (neko ashi dachi), mae-ashi geri, gyaku tsuki  
Mae geri, harai uke, gyaku tsuki (zenkutsu Dachi)

**KUMITE KIHON**

Kizami tsuki stepping in zenkutsu dachi  
Kizami tsuki / gyaku tsuki combination  
Kizami tsuki / gyaku tsuki, mae geri, gyaku tsuki combination  
Mawashi geri (front leg), kizami tsuki, gyaku tsuki combination

**KUMITE**

One-step sparring	Kihon Ippon Kumite
Freestyle sparring	Jiyu Kumite
Semi-freestyle sparring	Jiyu Ippon Kumite

**KATA**

Kihon Kata  
Pinan Ni Dan  
Pinan Sho Dan  
Pinan San Dan  
Pinan Yon Dan (new for this level)  
Sanchin (new for this level)