

# Curriculum cont.



## Fifth Kyu (Blue Belt)

### KIHON: BASICS

From zenkutsudachi (front stance), gedanbarai (downward block)

1. Sanbon zuki—Oizuki (three punches—head, body, body)
2. Sanbon zuki—Gyakuzuki (three punches—body, head, body)
3. Ageuke, gyakuzuki (rising block, reverse punch)
4. Sotouke, enpiuchi, uraken (outer block, elbow strike, back fist)
5. Uchiuke, kizamizuki, gyakuzuki (inner block, front snap punch, reverse punch)

From kokutsudachi (back stance)

6. Shutouke, zenkutsudachi nukite (knife hand block, into front stance spear hand strike)

From zenkutsudachi (front stance)

7. Mae geri, ren geri (two front kicks—middle level, head level, different legs)
8. Mawashigeri (roundhouse kick)

From kibadachi (horse-riding stance)

9. Yokogeri keage (side snap kick)
10. Yokogeri kekomi (side thrust kick)

All basic movements are done to count on examiner's command. All the above blocking combinations must be performed moving forwards and backwards.

### KUMITE: SPARRING

Kihon ipponkumite (basic one-step sparring)

1. Jodan (head level) (Choose two out of four set defenses.)
2. Chudan (middle level) (Choose two out of four set defenses.)
3. Mae geri (front kick) (Choose two out of four set defenses.)
4. Yokogeri (side kick) (Choose one out of three set defenses.)
5. Mawashigeri (roundhouse kick) (Choose one out of three set defenses.)

For this grading, examinees will be expected to perform all partner-work techniques from both sides.

### KATA: FORMS

- Heian Sandan
- Heian Godan