

## 5th Kyu – Green Belt

Before attempting this grading - suggested number of training sessions for students: 50 sessions for adults, and 70 sessions for juniors, since their last examination.

Mawashi-geri and yoko-geri must have correct speed and power.

Must demonstrate correct sequences with proper speed, strength, spirit, and good balance.

Grading Fee: \$30.00 (must be paid in full before the grading date)

<u>Kihon Waza</u>	<u>(Basic Techniques)</u>
Kiba-zuki chudan	Horse stance and punch- stomach
Kiba-zuki jodan	Horse stance and punch- face
Gyaku-zuki Uke	Reverse punch (1 face, 2 stomach, 3 stomach) and block (1 rising block, 2 outside block, 3 inside block)
Mae-geri	Front Kick
Yoko-geri Keage (Heisoku-dachi)	Side snap kick (closed feet stance)
Yoko-geri Kekomi from Zenkutsu dachi	Side thrust kick from front stance
Mawashi -geri	Round house kick
Kokutsu-dachi Shuto-uke, Zenkutsu-dachi Nukite	Back stance knife hand block - change to forward stance, spear hand thrust
<u>Ido Kihon Waza</u>	<u>(Basic Moving Techniques)</u>
Oi-zuki, to sono-uke, gyaku-zuki	Moving forward lunge punch; going back, block and reverse punch
Jodan-chudan niren zuki to sono-uke, gyaku-zuki	Face and stomach punch; going back, block and reverse punch
Sanren Zuki Zenshin to Sono Uke Gyakuzuki	Moving forward 3 punches - going back block and reverse punch
Mae-geri to sono-uke, gyaku-zuki	Moving forward front kick; going back, block and reverse punch
<b>Mae geri, Gyaku zuki to sono kodan</b>	<b>Front Kick, reverse punch, going back, blocks and reverse punch</b>
Mae-geri, jodan-zuki to sono-uke, gyaku-zuki	Front kick, face punch; going back, block and reverse punch
<b>Mae-gen, jodan-chudan zuki to sono-uke, gyaku-zuki</b>	<b>Front kick, face + stomach punch; going back, blocks and reverse punch</b>
Kiba-dachi, Yori ashi, Yoko-geri, keage	Horse stance, feet together Side snap kick
Kiba-dachi Kosa, Yoko-geri Kekomi	Horse stance - feet cross in front, side thrust kick
Mawashi-geri to Sono Uke Gyakuzuki	Round house kick; going back, block and reverse punch
Kokutsu-dachi-Shuto-uke, nukite	Back stance knife hand block , spear hand thrust
<b>Oi-gyaku-oi-zuki</b>	<b>fake+ lunge punch-jodan, reverse punch chuden with tori ashi, fake+ lunge punch-jodan (from free stance) left fwd going up, right fwd going back</b>
<b>Kata</b>	
Heian Yondan (with bunkai)	
<b>Kumite</b>	<b>Fighting</b>
Kihon Ippon Kumite (add Mawashi-geri and Yoko-geri Kekomi)	One-step attack - add round house kick + side thrust kick Other side block, reverse punch
Shiai Kumite	
<b>Ukemi</b>	from standing, back, left, right, front breakfall, front shoulder roll, from standing-both sides (improved from 6th kyu)
<b>Throws</b>	Reaping, Hip, <b>Neck ,Shoulder, + Throws</b> + Break falls