



5th Kyu

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette – Junzuki	Kick (body, below & in-line with fist), straight punch (body)
2	Kette – Gyakuzuki	Kick (body, below & in-line with fist), opposite punch (body)
3	Kette -Junzuki No Tsukkomi	Kick (body, below & in-line with fist), extended straight punch (face)
4	Kette – Gyakuzuki No Tsukkomi	Kick (body, below & in-line with fist) extended opposite punch (lower body)
5	Nagashizuki	Gliding snap punch (face) & cross-counter
6	Ushiro-geri Gedan	Reverse Maegeri kick (body)
7	Sokuto Chudan	Stamping side kick (body)
8	Nidan-geri Jodan	Double front kick (head)
No	RENRAKU WAZA	COMBINATION TECHNIQUES
1	Mawashi-geri Chudan, Ushiro-geri Gedan, Gyakuzuki Chudan	Roundhouse kick (body,) Reverse Maegeri kick (body), opposite punch (body)
2	Surikomi Sokuto Jodan, Ushiro-geri Jodan, Uraken Jodan	One step stamping side kick (head), reverse Maegeri kick (head), Back-fist (head)
No	UKE WAZA SANBON GUMITE	PARTNER TECHNIQUES
1	Jodan Uke Sanbonme	Head block 3
2	Jodan Uke Yonhonme	Head block 4

3	Maegeri Uke Gohonme	Kick block 5
4	Maegeri Uke Ropponme	Kick block 6
5	Mawashigeri Uke Ipponme, Nihonme, Sanbonme	Roundhouse blocks 1, 2, 3
No	OHYO GUMITE	SEMI-FREE FIGHTING
1	Ipponme	Semi-free sparring number 1
2	Sanbonme	Semi-free sparring number 3
No	KATA	FORM
1	Pinan Sandan	Pinan Sandan
2	Pinan Yodan	Pinan Yodan
3	Any Kata's from previous Gradings	Any Kata's from previous Gradings
No	JIYU KUMITE	FREE FIGHTING