



5th Kyu Syllabus

KIHON:

1.	SANBON TSUKI	x5	forwards
2.	AGE UKE, GYAKU TSUKI, URAKEN UCHI, soto no kamae	x1	backwards
	SOTO UKE, YOKO EMPI, OTOSHI URAKEN, GYAKU TSUKI	x1	backwards
	UCHI UKE, KIZAME TSUKI, GYAKU TSUKI	x1	backwards
	GEDAN BARAI, URAKEN UCHI, GYAKU TSUKI	x1	backwards
	SHUTO UKE, MAE ASHI MAE GERI, NUKITE	x1	backwards
3.	repeat 1 starting right side		
4.	repeat 2 starting left side		
5.	OI TSUKI, GYAKU TSUKI	x4	forwards
6.	SHUTO UKE, MAE ASHI MAWASHI GERI, GYAKU NUKITE	x4	backwards
7.	MAE ASHI MAE GERI (chudan), step MAE GERI	x4	forwards
8.	YOKO GERI KEAGE (from Yoi dachi)	x4	
9.	YOKO GERI KEKOMI (from Yoi dachi)	x4	
10.	MAWASHI GERI	x4	turn & rpt.
11.	USHIRO GERI	x4	Mawatte

KUMITE:

KIHON IPPON KUMITE –

Defending against 1 x Jodan Tsuki, 1 x Chudan Tsuki, 1 x Mae Geri, 1 x Yoko Geri Kekomi, 1 x Mawashi Geri, 1 x Ushiro Geri.

*(Left & Right Sides. Examiner to give first start command only)
(Juniors under 12 replace with Ippon Kumite)*

KATA:

HEIAN YONDAN and SHUTO NO KATA*

plus any previous lower kata of examiners choice

*(*miss out for juniors under 12)*