

# **Fifth Kyu (Blue Belt)**

## **Kihon Waza**

Kette Junzuki

Kette Gyakuzuki

Kette Junzuki No Tsukkomi

Kette Gyakuzuki No Tsukkomi

Tobikomizuki

Nagashizuki

Ushirogeri Chudan

Tobigeri

## **Renkei Waza**

Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan

Tobikomi Jodan, Chudan Zuki, Mawashigeri Chudan

## **Ippon Kumite**

Jodan Uke Nihonme & Yohonme

Chudan Uke Nihonme & Yohonme

Maegeri Uke Nihonme & Yohonme

## **Ohyo Kumite**

Nihonme

## **Kata**

Pinan Shodan

Pinan Yodan

## **Ji Yu Kumite**

Free Fighting