**Fifth Kyu – Blue Belt**

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**BASICS**

**KIHON WAZA - Basic techniques**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Ushirogeri Chudan
8. Tobigeri

**RENKEI WAZA - Combination techniques**

1. Mawashigeri Chudan, Ushirogeri Chudan, Gyakazuki Chudan
2. Tobikomizuki Jodan, Chudan Zuki, Mawashigeri Chudan

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke - Nihonme & Yohonme
2. Chudan Uke - Nihonme & Yohonme
3. Maegeri Uke - Nihonme & Yohonme

**OHYO KUMITE – Semi-free fighting**

1. Nihonme

**KATA**

Pinan Shodan & Pinan Yodan

**JI YU KUMITE**