

5TH KYU- BLUE BELT

PUNCHES / BLOCKS

- 1.KETTE JUNZUKI
- 2.KETTE GYAKAZUKI
- 3.KETTE JUNZUKI NO TSUKKOMI
- 4.TOBIKOMIZUKI (SLIDING SNAP PUNCH)
- 5.NAGSHIZUKI (TWISTING, SLIDING SNAP PUNCH)
- 6.SLIDING DOUBLE JAB AND REVERSE PUNCH
- 7.JUMPING BACK FIST AND REVERSE PUNCH (COMING FORWARD)
- 8.STEP FORWARD INNER BLOCK AND TURN DOUBLE INNER BLOCK (FROM JUNZUKI STANCE)
- 9.STEP FORWARD KNIFE HAND STRIKE
- 10.SLIDING SNAP PUNCH, RIDGEHAND (REAR HAND)

KICKS / COMBINATIONS

- 1.ONE STEP HOOKKICK AND REVERSE PUNCH
- 2.ONE STEP AXE KICK, BACK FIST AND REVERSE PUNCH
- 3.DOUBLE SIDE KICK COMING FORWARD BACK LEG
- 4.JUMPING SCISSORS FRONT KICK, ROUNDHOUSE KICK (BACK LEG) AND REVERSE PUNCH
- 5.BACK KICK, BACK FIST AND REVERSE PUNCH
- 6.ONE STEP HOOK KICK, ROUND KICK (SAME LEG)
- 7.COMING FORWARD FRONT KICK, ROUND KICK (SAME LEG), BACK KICK, BACK FIST AND REVERSE PUNCH
- 8.HOPPING DOUBLE SIDE KICK, BACK FIST AND REVERSE PUNCH
- 9.HOPPING ROUND KICK, BACK KICK, BACK FIST AND REVERSE PUNCH

SELF DEFENCE –ATTACK FROM FRONT

BAG WORK

SPARRING

KATAS; PINAN NIDAN, PINAN SHODAN, PINAN SANDAN, PINAN YODAN

ANY TECHNIQUES FROM PREVIOUS GRADING MAY BE INCLUDED