

## 6<sup>th</sup> to 5<sup>th</sup> Kyu grading - green to purple belt

\* new to this grade

### **KIHON** (basics) (no count)

*age-uke, uraken, gyaku-zuki* x 5 \*

*soto-uke, yoko-empi (kiba-dachi), gyaku-zuki (zenkutsu-dachi)* x 5 \*

*shuto-uke (kokutsu-dachi), kizame-mawashi-geri, gyaku-nukite (zenkutsu-dachi)* x 5 \*

*sanbon-zuki (jodan, chudan, chudan)* x 5 \*

*sanbon-gyaku-zuki (jodan, chudan, chudan)* x 6 \* (3 turn 3)

### **Keri-waza** (kicking techniques)

*mae-geri chudan* x 5

*mae-geri jodan* x 5

*mawashi-geri chudan* x 5

*mawashi-geri jodan* x 5 \*

*yoko-geri keage (kiba-dachi)* x 6 (3 turn 3)

*yoko-geri kekomi (kiba-dachi)* x 6 (3 turn 3)

### **KUMITE** (partner work) *kihon ippon-kumite* (1-step)

*jodan no.1* \*  
*jodan oi-zuki*  
// *age uke - gyaku-zuki*

*jodan no.2* \*  
*jodan oi-zuki*  
// *shuto-uke (kokutsu-dachi, 45 deg)*  
*gyaku jodan shuto-uchi (zenkutsu-dachi)*

*chudan no.1* \*  
*chudan oi-zuki*  
// *soto uke (hidari) - gyaku-zuki*

*chudan no.2* \*  
*chudan oi-zuki*  
// *soto-uke (migi) - yoko-empi-uchi (kiba-dachi)*

*mae-geri no.1* \*  
*mae-geri*  
// *gedan-barai - gyaku-zuki*

*mae-geri no.2* \*  
*mae-geri*  
// *gyaku gedan-barai, nihon-zuki*

### **KATA** (form)

*Heian Yondan* \*

## 5<sup>th</sup> Kyu grading - word list

<b>Jodan</b>	Upper level
<b>Chudan</b>	Middle level
<b>Gedan</b>	Lower level
<b>Hidari</b>	Left side
<b>Migi</b>	Right side
<b>Zenkutsu-dachi</b>	Front stance
<b>Kokutsu-dachi</b>	Back stance
<b>Kiba-dachi</b>	Horse-riding stance
<b>Oi-zuki</b>	Stepping punch (same side as leading leg)
<b>Gyaku-zuki</b>	Reverse punch (opposite to leading leg)
<b>Nihon-zuki</b>	Two punches (Ni = 2)
<b>Sanbon-zuki</b>	Three punches (San = 3)
<b>Kizami-zuki</b>	Leading jab punch
<b>Nukite</b>	Spear hand
<b>Uraken</b>	Back fist
<b>Yoko-empi uchi</b>	Side elbow strike
<b>Shuto-uchi</b>	Knife-hand strike
<b>Age-uke</b>	Rising block
<b>Soto-uke</b>	Outside block
<b>Uchi-uke</b>	Inside block
<b>Shuto-uke</b>	Knife-hand block
<b>Gedan-barai</b>	Lower-level block (sweep)
<b>Mae-geri</b>	Front kick
<b>Mawashi-geri</b>	Roundhouse kick
<b>Kizame mawashi-geri</b>	Leading leg (front leg) roundhouse kick
<b>Yoko-geri</b>	Side kick
<b>Keage</b>	Snap
<b>Kekomi</b>	Thrust