

5th Kyu Yellow Belt with Green Stripe

Minimum 18-24 months consistent training to qualify

GENERAL KNOWLEDGE

Increased knowledge about Japanese terminology
Written Exam: The meaning of the KATA

FITNESS

Knuckle push-ups 40
Five finger push-ups 20
Crunches 30x 3
Squats 100
Jumping Squats 20

TACHIKATA (Stances)

Moro Ashi Dachi / Te Kokutsu Dachi

UKE-WAZA (Blocks)

Shuto Chudan Uchi Uke / Shuto Chudan Shoto Uke

TZUKI & UCHI WAZA (Thrust s & Strikes)

Shotei Uchi Chudan / Shotei Uchi Jodan / Ippon Nukete / Nihon Nukete

KERI WAZA (Kicks)

Mae Kakato Geri / Tobi Hiza Geri

IDO GEIKO (Moving Basics)

All required Trusts, Strikes, Shuto and Kicks in Zenkutsu Dachi / Kokutsu Dachi /
Kamae Dachi / Enoji Dachi /Sanchin Dachi / Kiba Dachi

RENRAKU

1) Sanchin Dachi: Seiken Chudan Tsuki, Seiken Chudan Uchi Uke, Uraken Gammen Uchi, Chudan Hiji

Ate, Uraken Sayu Uchi(Shomen), Giyaku Shita Tsuki

2) Kokutsu Dachi: Shuto Mawashi Uke, Seiken Moroto Tsuki, Jodan Mae Geri

KATA

Peenan Sono Ichi Ura
Peenan Sono Yon, Sanchin

KATA BUNKAI (applications)

Peenan Sono Shi

KUMITE: 6 Rounds