

5th KYU - PURPLE BELT

BASICS

<u>No</u>	<u>Technique</u>	<u>Procedure</u>
5	Mae Geri Sambon Zuki	Forward turn the same back
5	Age Uke	Forward and stepping back
5	Soto Ude Uke	Forward and stepping back
5	Uchi Uke	Forward and stepping back
5	Shuto Uke	Forward and stepping back
5	Nukite	Forward and stepping back
5	Gedan Barai	Forward and stepping back
5	Morote Uke	Forward and stepping back
5	Uraken	Forward turn the same back
5	Mae Geri Gyaku Zuki	Forward turn the same back
5	Mawashi Geri	Forward turn the same back
5	Kekomi from kiba dachi	Forward turn the same back
5	Yoko Geri Keage	Forward turn the same back
From Jiyu Dachi	- Uraken Gyaku Zuki (sliding forward)	

KUMITE

Sanbon Kumite - One Jodan, One Chudan, One Mae Geri,
Intermediate grade 1 side only to count
Full Grade and Seniors both sides no count

KATA

Heian Nidan See pages 104 - 112
Senior and full grades - no count (full Kata)
Junior intermediate grades - to count up to first Kiai
(half Kata)

Plus any previous Kata