

5th Kyu - Blue Belt

Kihon, Tsuki & Keri (Basic Techniques)

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

Renraku Waza (Combination Techniques)

1. Mawashigeri - Ushirogeri - Gyakuzuki Chudan.
2. Surikomi Sokuto - Ushirogeri - Uraken Jodan.

Uke (Blocks)

- Jodan Uke Sanbonme (3) & Yohonme (4).
- Chudan Maegeri Uke Sanbonme (3) & Yohonme (4).
- Chudan Soto Uke & Uchi Uke.

Kata (Form)

- Pinan Sandan
- Pinan Yodan

Ohyo Gumite (Semi-Free Fighting)

- Nihonme (2)

Go Shin Jutsu (Self Defence)

Ji Yu Kumite (Free Fighting)