
BLUE BELT

Gokyu

**5th
Kyu**

KIHON

Zenkutsu dachi, gedan barai

- Sanbon jun zuki (jodan – chudan – chudan)
- Sanbon gyaku zuki (chudan – jodan – chudan)
- Jodan age uke, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi, uraken (kiba dachi)
- Chudan uchi ude uke, jodan kizami zuki, chudan gyaku zuki

Zenkutsu dachi, gamae

- Mae ren geri (chudan, jodan)
- Mawashi geri

Kiba dachi

- Yoko geri keage
- Yoko geri kekomi

KATA

- Heian Shodan
- Heian Nidan
- Heian Sandan
- Heian Yondan

KUMITE

Kihon Ippon Kumite (one step)

- 2 Jodan
- 2 Chudan
- 2 Mae geri