

Grading Syllabus

5th Kyu

ORAL

Nagashizuki – Back Hand Strike, Side Step
Ushiro-geri Mawash Jodan – Back Sweep Kick to Head
Shuto – Ridge Hand
Nukite – Straight Finger Strike
Tetsui – Bottom Fist Strike
Teisho – Palm Heel Strike
Nidan-geri Jodan – Flying Forward Kick to Head
Sokoto Jodan – Side Thrust Kick to Head
Gedan Barai – Downward Block
Jodan Uke – Rising Block
Uraken – Back Hand Strike
Mawatte – Turn
Hidare Hanme Gamae – Left Fighting Stance
Moroto Uke – Augmented Forearm Block
Yame – Return to Ready
Naore – Formal Stance

KIHON, TSUKI & KERI

1. **Kette Junzuki No-Tsukomi**
2. **Kette Gyakazuki No-Tsukomi**
3. **Ushiro-geri Mawash Jodan**
4. **Nidan-geri Jodan**
5. **Mawashi-geri Jodan**
6. **Mae-geri Jodan**
7. **Sokoto Jodan**
8. **Mawatte Uraken**

RENRAKU WAZA

All from fighting stance:

1. **Mae-geri, Nagashizuki, Gyakazuki**
2. **Surikomi Mae-geri, Nagashizuki, Mawashi-geri Chudan**
3. **Mae-geri Sokoto Chudan, Ushiro-geri Mawash Chudan, Gyakazuki**
4. **Surikomi Mae-geri Chudan, Mawashi-geri Chudan, Ushiro-geri Chudan, Uraken**

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SANBON-GUMITE

1. Chudan Mae-geri Uke Ipponme (BoL)
2. Chudan Mae-geri Uke Nihonme (BoR)
3. Chudan Mae-geri Uke Sanbonme (BoR)
4. Chudan Mae-geri Uke Yonhonme (BoR)
5. Chudan Uchi Uke Mae-geri Gyakazuki (BoL)
6. Chudan Soto Uke Empi (BoL)

KATA

1. Heian Sandan
2. Heian Yodan

JI YU KUMITE

One by two minute round