



5th KYU - PURPLE BELT

Commands during this examination will be given in English and Japanese

BASICS

No	Technique	Stance	Procedure
5	Age Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Uchi Ude Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Gedan Barai/Gyaku Zuki	Zenkutsu	Forward and back
5	Uraken / Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Soto Ude Uke/Yoko Empi Uchi	Zenkutsu/ Kiba	Forward and back
5	Shuto Uke / Nukite	Kokutsu / Zenkutsu	Forward and back
5	Mae Geri /Oi Zuki	Zenkutsu	Forward turn the same back
5	Mawashi Geri	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back
3	Yoko Geri Kekomi	Zenkutsu	Forward turn the same back

KUMITE

Kihon Ippon Kumite

Set 2

Full Grade Juniors and Seniors both sides no count
Intermediate grade 1 side only to count

KATA

Heian Yondan

Full Grade Juniors and Seniors no count (full Kata)
Intermediate grade to count up to first Kiai (half Kata)

Plus any previous Kata (no count)