

5 KYU: CANDIDATE BLUE BELT

KATA: Heian Yondan (perform to the first kiai)

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow attack.
- 4) Stepping back, back stance, knife-hand block, front leg front kick.
*Change to front stance.
- 5) Moving forward, lead leg front snap kick stomach level, back leg front kick face level.
*Turn to front stance.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.
*Turn into side stance.
- 7) Stepping across, side snap kick-change direction, repeat.
- 8) Stepping across, side thrust kick-change direction, repeat.
- 9) Stepping across, reverse round-house kick-change direction, repeat.

KUMITE (BASIC SPARRING):

Examiners Count:

Offense (start from front stance).

*Step in punch, face level.

*Step in punch, stomach level.

*Front snap kick, stomach level.

*Side thrust kick, stomach level.

Defense side (start from open natural stance):

*Rising block, reverse punch.

*Outside forearm block, reverse punch.

*Down block, reverse punch.

*Outside forearm block, reverse punch.

Switch roles of offense and defense.