

**5<sup>th</sup> Kyu – Blue**  
**(Sixth Belt/Grade)**

**Minimum Training Time:**  
**4 Months (16 Weeks)**

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**Technical Requirements:**  
**(All Techniques Performed In Both Stances)**

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**JAPANESE**

**Tsuki Waza**

1. **Hasami Uchi**  
[*Tettsui Uchi*] (Chudan)  
[Both Arms]
2. **Urazuki (Chudan) [BA]**  
[*Short Punch, Palm Up*]
3. **Tatezuki (Jodan) [BA]**  
[*Chinese Style*]

**ENGLISH**

**Punches**

1. **Scissors Punch**  
[*Double Hammer Fist Strike*] (Body)  
[Both Arms]
2. **Back Punch (Body) [BA]**  
[*Short Punch, Palm Up*]
3. **Vertical Fist Punch (Head) [BA]**  
[*Chinese Style*]

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**Empi Uchi Waza**

1. **Soto Mawashi Empi Uchi (Jodan) [FA]**
2. **Yoko Empi Uchi (Chudan) [FA]**

**Elbow Strikes**

1. **Outside Round Elbow Strike (Head) [FA]**
2. **Side Elbow Strike (Body) [FA]**

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**Keri Waza**

1. **(Josokutei) Mawashigeri (Chudan) [BL]**
2. **Ushirogeri (Chudan) [*Turning*]**
3. **Hizageri (Chudan) [BL]**
4. **Ura Mawashigeri (Chudan) [BL]**
5. **Soto Mikazukigeri (Jodan) [BL]**

**Kicks**

1. **(Ball of Foot) Roundhouse Kick (Body) [BL]**
2. **Back Thrust Kick (Body) [*Turning*]**
3. **Knee Strike (Body) [BL]**
4. **Hook (Back Roundhouse) Kick (Body) [BL]**
5. **Outside Crescent Kick (Head) [BL]**

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**Renraku Waza**

1. **Ushirogeri (Chudan) [*Turning*]**  
– Mawashigeri (Jodan)  
– Yokogeri (Chudan) [Alt Legs]  
– Uraken (Jodan) [FA]  
– Otoshi Empi Uchi (Jodan) [BA]
2. **Surikomi Ura Mawashigeri (Jodan)**  
/ Mawashigeri (Jodan)  
[*Same Leg, Keep Leg In Air*]  
– Ushirogeri (Chudan)  
– Uraken (Jodan) [FA]

**Combination Techniques**

1. **Back Kick (Body) [*Turning*]**  
– Roundhouse Kick (Head)  
– Side Kick (Body) [Alt Legs]  
– Back Fist (Head) [FA]  
– Dropping Elbow Strike (Head) [BA]
2. **One Step Hook Kick (Head)**  
/ Roundhouse Kick (Head)  
[*Same Leg, Keep Leg In Air*]  
– Back Kick (Body)  
– Back Fist (Head) [FA]

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| <p>3. <b>Maegeri (Chudan) [BL]</b><br/>         – Nagashizuki (Jodan)<br/>         – [Step Front Leg Across]<br/> <b>Gyakuzuki (Chudan)</b><br/>         – Mawashigeri (Jodan) [BL]</p> | <p>3. <b>Front Kick (Body) [BL]</b><br/>         – Twisting Snap Punch (Head)<br/>         – [Step Front Leg Across]<br/> <b>Reverse Punch (Body)</b><br/>         – Roundhouse Kick (Head) [BL]</p> |
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**Traditional**

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| <p>1. <b>Tobikomizuki (Jodan)</b><br/>         2. <b>Nagashizuki (Jodan)</b><br/>         1. <b>Junzuki (Chudan)</b><br/>         – Mawatte Jodan Uke<br/>         2. <b>Kette Junzuki (Chudan)</b><br/>         – Mawatte Jodan Uke<br/>         3. <b>Gyakuzuki (Chudan)</b><br/>         – Mawatte Gedan Barai<br/>         1. <b>Shuto Uke</b><br/>         (Mahanmi Nekoashi Dachi)<br/>         2. <b>Gedan Barai</b><br/>         (Junzuki Dachi)<br/>         3. <b>Jodan Uke</b><br/>         (Junzuki Dachi)</p> | <p>1. <b>Sliding Snap Punch (Head)</b><br/>         2. <b>Sliding Twisting Snap Punch (Head)</b><br/>         1. <b>Lunge Punch (Body)</b><br/>         – Turn Rising Head Block<br/>         2. <b>Kick Lunge Punch (Body)</b><br/>         – Turn Rising Head Block<br/>         3. <b>Reverse Punch (Body)</b><br/>         – Turn Downward Block<br/>         1. <b>Knife Hand Block</b><br/>         (Side Cat Stance)<br/>         2. <b>Downward Block</b><br/>         (Lunge Punch Stance)<br/>         3. <b>Rising Head Block</b><br/>         (Lunge Punch Stance)</p> |
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**Sanbon Gumite**  
(Pairs)

1. **Chudan Uchi Uke**  
– Empi
2. **Chudan Soto Uke**  
– Maegeri  
– Gyakuzuki
3. **Jodan Uke Ipponme**
4. **Jodan Uke Nihonme**
5. **Jodan Uke Sanbonme**

**3 Step Fighting**  
(Pairs)

1. **Inside Body Block**  
– Elbow Strike
  2. **Outside Body Block**  
– Front Kick  
– Reverse Punch
  3. **Head Block Number One**
  4. **Head Block Number Two**
  5. **Head Block Number Three**
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**Ohyo Gumite**  
(Pairs)

1. **Ohyo Gumite Ipponme**
2. **Ohyo Gumite Nihonme**

**Semi Free Fighting**  
(Pairs)

1. **Semi Free Fighting One**
  2. **Semi Free Fighting Two**
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**Kihon (Yakusoku) Kumite**  
(Pairs)

1. **Kihon Kumite Ipponme**

**Basic Sparring**  
(Pairs)

1. **Basic Sparring One**
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**Kata**

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan

**Forms**

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four

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**Jiyu Kumite**

*(Light Contact with Protective Equipment)*

**Goshin Jutsu (X 5)**

**Makiwara**  
*(3 X 2 Minutes)*

**Sparring**

*(Light Contact with Protective Equipment)*

**Self Defence (X 5)**

**Pad Work**  
*(3 X 2 Minutes)*

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