

## Japanese

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### Go Kyu

#### Kihon

Oizuki Sanbon zuki (jodan, then twice chudan) - *in zenkutsu dachi*

Jodan ageuke, then in place, chudan gyaku zuki - *in zenkutsu dachi*

Chudan soto udeuke *in zenkutsu dachi*, then chudan enpiuchi *in kiba dachi*

Chudan shutouke, then kizami maegeri *in kokutsu dachi*, then yohon nukite *in zenkutsu dachi*

Maegeri rengeru, chudan then jodan - *in zenkutsu dachi*

Mawashigeru rengeru, chudan then jodan - *in zenkutsu dachi*

Jodan yoko geri keage - *in kiba dachi*

Chudan yoko geri kekomi - *in kiba dachi*

Maegeri chudan, step mawashigeru chudan, then in place gyaku zuki chudan - *in zenkutsu dachi*

#### Kata

Heian Yondan

#### Kumite

Kihon Ippon Kumite

Attack - oizuki jodan, hidari and migi

Defence - jodan ageuke, then in place gyaku zuki chudan, hidari and migi

Attack - oizuki chudan, hidari & migi

Defence - chudan sotouke, then in place gyaku zuki jodan, hidari & migi

Attack - maegeri chudan, hidari & migi

Defence - gedan barai, then in place gyaku zuki chudan or jodan, hidari & migi

## English

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### 5th level - blue belt

#### Basics

Step forward once, punch three times (face level, then twice solar plexis) - *in forward stance*

Rising block face level, then in place, reverse punch solar plexis level - *in forward stance*

Outside forearm block solar plexis *in forward stance*, then elbow strike solar plexis level *in side or horse riding stance*

Knifehand block & front kick (lead leg) solar plexis level *in back stance*, then four finger spearhand strike solar plexis level *in forward stance*

2 front kicks, solar plexis then face level - *in forward stance*

2 roundhouse kicks, solar plexis then face level - *in forward stance*

Side kick snap face level - *in side, or horse riding stance*

Side kick thrust solar plexis - *in side / horse riding stance*

Front kick, step roundhouse kick solar plexis, then in place reverse punch solar plexis level - *in forward stance*

#### Kata

Peaceful Kata - Level 4

#### Sparring

One Step Basic Sparring

Attack - lunge punch face, left and right

Defence - rising block face, then in place reverse punch solar plexis, left and right

Attack - lunge punch solar plexis, left and right

Defence - outside block solar plexis, then in place reverse punch solar plexis, left and right

Attack - front kick solar plexis, left and right

Defence - downward sweeping block, then in place reverse punch solar plexis or face level, left and right