

**5th Kyu - Purple Belt****Kihon (Basics):**

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

- 1 Jodan Oi Zuki (Stepping Punch Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 2 Chudan Gyaku Zuki (Reverse Punch Mid-Level), Chudan Choku Zuki (Straight Punch Mid-Level)
- 3 Age Uki (Rising Block Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 4 Kizami Zuki (Snap Punch), Jodan Oi Zuki (Stepping Punch Head Level)
- 5 Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance)
- 6 Chudan Mae Geri (Front Kick - Mid Level), Jodan Oi Zuki (Stepping Punch Head Level), Chudan Choku Zuki (Straight Punch Mid-Level)
- 7 Chudan Yoko Geri Keagi - Kibi Dachi (Mid level Side Snap Kick in Straddle Stance), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 8 Chudan Yoko Geri Kekomi - Kibi Dachi (Mid level Side Thrust Kick in Straddle stance), Uraken Uchi (Back-fist Strike)

**Combinations:**

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

- 1 Sanbon Zuki -Jodan, Chudan, Chudan (Stepping Punch Head Level, Punch Mid-Level, Punch Mid-Level)
- 2 Age Uke (Rising Block Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level)
- 3 Soto Uke (Outside Block Mid-Level), Yoko Enpi Uchi- Kiba Dachi (Side Elbow Strike - Straddle Stance), UshiroTetsui (Spinning Hammer-fist Strike)
- 4 Uchi Uke (Inside Block Mid-Level), Kizami Zuki (Snap Punch - Same Arm), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Chudan Choku Zuki (Straight Punch Mid-Level)
- 5 Gedan Beri (Lower Block Lower-Level), Jodan Gyaku Zuki (Reverse Punch Upper-Level), Gedan Beri (Lower Block Lower-Level), Uraken Uchi (Back-fist Strike)
- 6 Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance), Chudan Mae Geri (Front Kick - Mid Level), Gyaku Nukite- Zenkutsu Dachi (Reverse Spear Hand Strike in Front Stance), Chudan Choku Zuki (Straight Punch Mid-Level)
- 7 Chudan Mae Geri (Front Kick - Mid Level), Kizami Zuki (Snap Punch - Same Arm), Jodan Oi Zuki (Stepping Punch Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 8 Chudan Yoko Geri Kekomi (Mid level Side Thrust Kick), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 9 Jodan Mawashi Geri (Roundhouse Kick - Head Level), Uraken Uchi (Back-fist Strike)

## 10 Mikazuki Geri (Crescent Kick), Uraken Uchi (Back-fist Strike)

**Kata:****Heian Yondan**

**Examiners choice of: Heian Sandan, Heian Nidan, Heian Shodan, Taikyoku Shodan  
Kumite:**

**Ippon Kumite (1 Step Sparring)**

**Punches the attacker starts from Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).**

**Kicks the attacker starts from Ryo-Gedan Beri - Hidari Zenkutsu Dachi (Double Lower Block in Left Front Stance).**

**Defender starts from Shizen tai (Natural Stance)**

**Kai - on Attack and Counter.**

**A variety of hand and leg techniques should be used in the counters. Finishing on a kick or snap technique is not permitted. The same block and counter should not be repeated on the same side.**

**Both students should complete the Jodan sequence before moving to the next attack.**

**Attack**

**Jodan Oi Zuki - Hidari (Left) x 2, Migi (Right) x 2**  
**Chudan Oi Zuki - Hidari (Left) x 2, Migi (Right) x 2**  
**Chudan Mae Geri - Hidari (Left) x 2, Migi (Right) x 2**  
**Chudan Yoko Kekomi Geri - Hidari (Left) x 2, Migi (Right) x 2**  
**Jodan Mawashi Geri - Hidari (Left) x 2, Migi (Right) x 2**

**Defence**

**Hidari (Left) x 2, Migi (Right) x 2**  
**Hidari (Left) x 2, Migi (Right) x 2**  
**Hidari (Left) x 2, Migi (Right) x 2**  
**Hidari (Left) x 2, Migi (Right) x 2**  
**Hidari (Left) x 2, Migi (Right) x 2**