**5th Kyu *-* Green Belt**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Material from previous grading’s will be re-examined along with the following:

# **KIHON:**

# **DACHI:**

Sanchin Dachi

**UKE:**

Tomoe Uke (circular)

Ura Shomen Uchi (front back fist)

Shuto Uke (knife hand)

**GERI:**

Ushiro Geri (backwards)

Sokuto Geri (side)

Ura Mawashi Geri (hook)

**KATA:**

Pinan Shodan

Sanchin

**HOKEI KUMITE**: Attack & Defence must be performed Right and Left sides.

Pinan Shodan

**FIGHTING COMBINATIONS**: Must be performed Right and Left sides.

**3**

**4**.

**JYU KUMITE:** Continuous free fighting

**COMMENTS:**

Re-assess / Pass / Merit / Distinction

Examiner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_