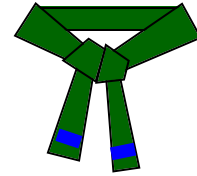


5th Kyu (Go Kyu)

Basic Techniques



NAME: _____

DATE OF PREVIOUS RANK: _____

BASIC TECHNIQUES

- RENOJI DACHI ("L" stance)
- NEKO ASHI DACHI (cat stance)
- HIJI ATE (elbow strike)
- TATE TSUKI (vertical fist punch)
- FURI UCHI (swing strike backfist)
- HIKI UKE (pulling/grasping open-hand block)
- KAKAI UKE (hooking block)
- KOKEN UKE (wrist block)
- MAWASHI UKE (circular or wheel block)
- ASHE UKE (leg block)
- USHIRO MIKAZUKI GERI (back hook kick)
- ASHI BARAI (foot sweep)
- UKEMI WAZA (break fall techniques)

KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1 &2)
- GEIKSAI KATA DI NI
- GEIKSAI KATA DI NI BUNKAI (1 &2)
- SAIFA KATA
- SAIFA KATA BUNKAI (1 &2)
- SANCHIN KATA (pattern only)

MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- DOJO ETIQUETTE

APPROVED: _____
(HEAD INSTRUCTOR)

(DATE)