

## 5th Kyu GREEN BELT

### BASIC TECHNIQUES

- 1. JUNZUKI NO-TSUKKOMI.** Go in left leg forward left hand punch  
Stepping forward lunge punch leaning forward you are punching  
To the face make sure the front knee is bent and your heels  
Are in line.
- 2. GYAKU ZUKI NO-TSUKKOMI.** Don't step just punch on the spot  
From there stepping forward heel toe in line (ICE-SKATING)  
Punching to the stomach (just above the knot of the belt).  
GO INTO LEFT LEG FORWARD FIGHTING STANCE.
- 3. MAWASHI GERI CHUDAN.** Round house kick with the top of foot  
To the stomach or back.
- 4. SOKUTO CHUDAN.** Edge of foot kick to the stomach (make sure  
You use those hips).
- 5. USHIRO GERI.** Back kick with the heel to the stomach.

### RENRAKU WAZA (COMBINATION TECHNIQUES)(IN FIGHTING STANCE)

- 1. MAE GERI, MAWASHI GERI, GYAKU ZUKI.** Front kick with the  
Ball of the foot to the stomach land then round house kick  
With the top of the foot to the stomach land then opposite  
Punch to the stomach with Kei and hip twist pull back the  
Punch back and you should be in fighting stance ready to  
Repeat the sequence.
- 2. MAE GERI, TOBIKOMI ZUKI (ONE STEP BACK) TOBIKOMI ZUKI,  
MAWASHI GERI.** Front kick with the ball of the foot to the  
Stomach with the same hand snap punch to the face then one  
Step back, now with your front hand snap punch to the face  
Then round house kick with the top of the foot with Kei land  
And you are now ready to repeat the sequence (all over again  
From the top).
- 3. URAKEN, SHUTO GAMEN (MORO ASHI DACHI)** is the name of the  
Stance). From here you will have to come back to yo-oi(get  
Ready stance) from there you put your left leg forward heel  
And toe in line shoulder width apart, knees must be bent,  
From the stance you are in, your left hand does the urakan  
(Back of the fist to the temple) then the right hand then does  
Edge of hand strike to the jaw with Kei. Now repeat the  
Sequence from your current position without going into yo-oi  
Stepping forward from the back leg heel toe etc.

**IPPON GUMITE (PAIR TECHNIQUES)**

1. ATTACKER: LEFT STANCE DEFENDER: LEFT STANCE.
2. ATTACKER: LEFT STANCE DEFENDER: LEFT STANCE.
3. ATTACKER: RIGHT STANCE DEFENDER: LEFT STANCE.

**KATA: PINAN SANDAN plus previous kata**

**JI YU KUMITE** (free fighting)