

Orange Belt 5th Kyu

Note: Students will be tested on previous material in addition to the following:

Stances

1. Sanchin-Dachi
2. Kokutsu-Dachi
3. Musubi-Dachi

Punches and Strikes

1. Seiken-Ago-Uchi (Jodan)
2. Seiken-Gyaku-Tsuki (Jodan, Chudan, Gedan)

Blocks

1. Seiken-Chudan-Uchi-Uke
2. Seiken-Chudan-Soto-Uke
3. Teisoko-Mawashi-Soto-Ke-Age
4. Haisoko-Mawashi-Uchi-Ke-Age

Kicks

1. Mae-Geri-Chudan-Chusoko
2. Kensetsu Geri
3. Yojo-Geri (Chudan, Gedan)
4. Haisoko-Mawashi-Geri (Jodan, Chudan, Gedan)

Renraku

1. Half step Seiken Jodan-Uke-Seiken-Gyaku-Tsuki
2. Half step Seiken Chudan-Soto-Uke-Seiken-Chudan-Gyaku-Tsuki
3. Half step Seiken Oi Tsuki-Seiken-Chudan-Gyaku-Tsuki
4. Leg block Seiken Oi Tsuki-Seiken-Chudan-Gyaku-Tsuki-Chudan-Mawashi-Geri (Haisoku & Chusoku)
5. Half step Seiken Oi Tsuki-Seiken-Chudan-Gyaku-Tsuki-Chudan-Mawashi-Geri (Haisoku & Chusoku)
6. Haisoko-Mawashi-Geri (Chudan, Gedan)
7. Yoko-Geri (Jodan, Chudan, Gedan)
8. Mae-Geri-Chudan-Chusoku, Haisoku-Chudan-Mawashi-Geri

Conditioning

1. 20 push ups on knuckles
2. 30 sit ups
3. 30 squats

Note: Children under 16 years are not expected to perform push ups on knuckles or fingers.

Fighting

4 x two-minute fights

1. 1 x hands and feet
2. 1 x hands only
3. 1 x feet only
4. 1 x handicap