



5th Kyu Syllabus Purple Belt

Criteria: Minimum 24 Lessons

Zenkutsu Dachi

Sanbon-zuki (jodan -chudan-chudan)

Age Uke - Gyaku Zuki

Soto Ude Uke - Empi - Uraken

Uchi Ude Uke - kizami zuki - gyaku zuki

Kokutsu Dachi Shuto Uke - nukite

Zenkutsu Dachi

Mae Geri Mawashi Geri (Ren Geri)

Kiba Dachi:

Yoko Geri Keage

Yoko Geri Kekomi

Kihon Ippon Kumite (Basic 1-step)

2 x Jodan

2 x Chudan

2 x Mae Geri

Kata: Heian Yondan

www.tskr.co.uk