



ORANGE BELT (5th kyu)

SYLLABUS & TRANSLATION SHEET

DACHI/DACH

KIBI DACH

SANCHIN DACH

KOKUTSU DACH

TSURU ASHI DACH

STANCE

Saddle stance

Tension stance
like Yoi, toes pointing inwards

Back leaning stance

Balancing stance

UCHI

URAKEN JODAN

URA MAWASHI

URAKEN JODAN

STRIKE

Backfist strike

Reverse backfist strike

GERI

YOKO GERI SOKUTO

MAWASHI GERI

CHUSOKU

URA MAWASHI

TEISOKU

URA MAWASHI

KAKATO

KICK

Side thrusting kick
(using knife edge of foot)

Roundhouse kick
(using ball of foot)

Hook kick using flat of foot

Hook kick using heel

KATA

ASHIITA NI

FORMAL PATTERN

All katas should be
announced before
performing them

ADDITIONAL REQUIREMENTS

DEFENCE AGAINST

1 single lapel grab

1 double lapel grab

STAMINA ASSESSMENT

10 push ups counting
aloud in Japanese

10 sit ups counting
aloud in Japanese
