

5th Kyu

Heiko Dachi Shuto Inside, Shuto Outside, Shuto Gedan Barai Same Hand. Alternate Arms

Zen Kutsu Dachi Project leading hand Uraken Uchi, Gyaku Tsuki.

Neko Ashi Dachi outside shuto, drop into Zen Kutsu Dachi Gyaku Tsuki, thrust

Shiko Dachi Gedan Barai coming forward

Zen Kutsu Dachi Tsurikomi Mae Geri, Mawashi geri, land forward. Repeat on other side

Combination 4A

Combination 4B

Padwork Tetsui Uchi to side

Padwork Mawashi Geri

Pinan Sandan (X 3 marks)

Random past kata (X 3 marks)

Kumite

Pass marks 48