

Purple Belt - 5th Kyu

Technique	Stance	No.	Additional information
Kihon (Basics)			
Sanbon-Zuki (Stepping-3-punches)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forward, turn, same back
Age-Uke/Mae-Geri/ Gyaku-Zuki (Upper-rising-block/Front- kick/Reverse-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Uchi-Ude-Uke/ Kizami-Zuki/Gyaku-Zuki (Inside-forearm-block/ Jabbing-punch/Reverse-punch)	Zenkutsu-Dachi (Forward-stance)	3	Stepping forwards and backwards
Shuto-Uke/Mae- Kizami-Geri/Nukite (Knife-hand-block/Front-leg- front-kick/Spear- hand-thrust)	Kokustu-Dachi (Back-stance) Zenkutsu-Dachi (Forward-stance)	3	Stepping forward and backwards
Mae-Geri/Oi-Zuki (Front-kick/Stepping-punch)	Zenkutsu-Dachi (Forward-stance)	3	Turn, Mae-Geri/Gyaku-Zuki (Front-kick/Reverse-punch)
Ren-Mae-Geri (Jodan/Chudan) (Double-Front-kick (upper and middle)))	Zenkutsu-Dachi (Forward-stance)	3	Turn, same back but Chudan/Jodan
Ren-Geri. Mae-Geri Mawashi-Geri (Double-kick: Front and Round- house-kicks)	Zenkutsu-Dachi (Forward-stance)	3	Turn, same back but Mawashi-Geri/Mae-Geri
Ren-Geri. Mae-Geri/Yoko- Geri-Kekomi (Double-kick: Front-kick/ side-thrust-kick)	Zenkutsu-Dachi (Forward-stance)	3	Turn, Yoko-Geri-Kekomi/ Mae-Geri
Kumite (Sparring)	Kihon-Ippon- Kumite (1-attack-sparring)		Set 3 Attack Jodan, Chudan, Mae- Geri, Kekomi and Mawashi-Geri both sides
Kata (Formal-exercise)	Heian Yondan		Plus any previous Kata