



Karate-do Yushin-juku

空 手 道 優 心 塾

5th Kyu (Purple Belt) Requirements

Eligibility: Minimum 10 class attendances after obtaining the 6th kyu (Green Belt)

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)
Step-in: Upper back-fist strike, Middle reverse-punch
- Koshin:** Age-uke → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Chudan gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Middle reverse-punch
- Koshin:** Chudan uchi-uke → Chudan gyaku-zuki (*4-times*)
Step-back: Middle inside-block, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
- Zenshin:** Mae-geri → Gyaku-zuki (*4-times*)
Step-in: Front-kick, Middle reverse-punch
- Zenshin:** Mawashi-geri → Gyaku-zuki (*4-times*)
Step-in: Roundhouse-kick, Middle reverse-punch
- Zenshin:** Yoko-keage (*4-times*)
Step-in: Side-snap kick
- Zenshin:** Yoko-kekomi (*4-times*)
Step-in: Side-thrust kick

KATA (*Form*)

Heian Go-dan ("*Peace-and-Tranquility #5*")

Tekki Sho-dan ("*Iron Horse #1*")

KIHON IPPON-KUMITE (*Basic 1-step Sparring*)

- | | | |
|---|-----|---|
| Jodan-zuki (<i>face-punch</i>) | vs. | Age-uke (<i>rising-block</i>) → gyaku-zuki |
| Chudan-zuki (<i>chest-punch</i>) | vs. | Soto-uke (<i>outside-middle-block</i>) → gyaku-zuki |
| Mae-geri (<i>front-kick</i>) | vs. | Gedan-barai (<i>down-block</i>) → gyaku-zuki |
| Yoko-kekomi (<i>side-thrust kick</i>) | vs. | Shuto-uke (<i>knife-hand-block</i>) → gyaku-zuki |
| Mawashi-geri (<i>roundhouse kick</i>) | vs. | Uchi-uke (<i>inside-middle-block</i>) → gyaku-zuki |