

Uekf Syllabus 5th kyu

Instructions in Japanese

Kata

Pinan Sandan

Sanchin

Blocks

Shuto uke (in nekoashi dachi)

Kake te (in sanchin dachi)

Kihon combinations

1 -4

Kihon(in any order)

Maegeri Gyakuzuki

Yokogeri Gyakuzuki

Mawashigeri Gyakuzuki

Uramawashigeri Gyakuzuki

Yokogeri, ushirogeri, gyakuzuki

Pairs

Hokei Kumite 3

Kumite

Drill 1,2

菩提心会

