



Anshin Ryu

空手道

Red Belt – 5th Kyu (Go Kyu)

Dachi (Stances)

Fudo Dachi Sanchin Dachi Zenkutsu Dachi Musubi Dachi Uchihachiji Dachi
Heisoku Dachi Neko Ashi Dachi Kokutsu Dachi

Kihon Tsuki Waza (Basic Punching Techniques)

1. Junzuki Jodan (in Zenkutsu Dachi or Sanchin Dachi)
2. Junzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
3. Junzuki Gedan (in Zenkutsu Dachi or Sanchin Dachi)
4. Gyakuzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
5. Kette Junzuki (chudan)
6. Kette Gyakuzuki (chudan)
7. Ago Tsuki (in Zenkutsu Dachi or Sanchin Dachi)
8. Mawashi Uchi (in Zenkutsu Dachi or Sanchin Dachi)
9. Tobikomizuki Jodan (in Shizenhontai Dachi)
10. Nagashizuki Chudan (in Shizenhontai Dachi)
11. Uraken Ganmen Uchi (in Zenkutsu Dachi or Sanchin Dachi)
12. Yoko Uraken Uchi (in Zenkutsu Dachi or Sanchin Dachi)
13. Uraken Hizo Uchi (in Zenkutsu Dachi or Sanchin Dachi)
14. Uraken Shitahara Uchi (in Zenkutsu Dachi or Sanchin Dachi)

Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Maegeri Keage Chudan
3. Mawashigeri Keage Chudan
4. Mae Kansetsu Geri
5. Kin Geri
6. Sokuto Geri Chudan
7. Surikomi Mawashigeri Keage Chudan
8. Surikomi Sokuto Geri Chudan
9. Ushirogeri (hiza)
10. Maegeri, Mawashigeri Chudan – same leg

Kihon Uke Waza (Basic Blocking Techniques)

1. Jodan Uke, Gyakuzuki
2. Soto Uke, Gyakuzuki
3. Uchi Uke, Gyakuzuki
4. Gedan Barai, Gyakuzuki
5. Shuto Uchi Uke Jodan
6. Chudan Uchi Uke Gedan Barai
7. Juji Uke (Jodan and Chudan)

Renraku Waza (Combinations Techniques)

1. Maegeri Chudan, Tobikomizuki Jodan.
2. Maegeri Gyakuzuki Chudan
3. Surikomi Maegeri Chudan, Tobikomizuki Jodan.
4. Surikomi Maegeri Gyakuzuki Chudan.
5. Mawashigeri, Gyakuzuki Chudan
6. Maegeri, Mawashigeri, Gyakuzuki Chudan



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7. Surikomi Maegeri, Mawashigeri Gyakuzuki Chudan

Kata (Form)

1. Pinan Nidan.
2. Pinan Shodan.

Bunkai (Analysis)

1. Pinan Nidan.

Examiner's Choice

1. Any Eight from Tsuki, Keri Uke and Renraku Waza in blue.

Jiyu Kumite (free Fighting).

Dojo-Kun 1 to 5.

Question Sheet for this grade