



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. Ago Tsuki (in Zenkutsu Dachi or Sanchin Dachi)
6. Kette Junzuki Chudan (in Zenkutsu Dachi)
7. Kette Gyakuzuki Chudan (in Zenkutsu Dachi)
8. Mawashi Uchi (in Zenkutsu Dachi or Sanchin Dachi)
9. Shuto Sakotsu Uchi (in Zenkutsu Dachi or Sanchin Dachi)
10. Uraken Ganmen Uchi (in Zenkutsu Dachi or Sanchin Dachi)
11. Yoko Uraken Uchi (in Zenkutsu Dachi or Sanchin Dachi)
12. Uraken Hizo Uchi (in Zenkutsu Dachi or Sanchin Dachi)
13. Uraken Shitahara Uchi (in Zenkutsu Dachi or Sanchin Dachi)
14. Tobikomizuki Jodan (in Shizenhontai Dachi)
15. Nagashizuki Chudan (in Shizenhontai Dachi)
16. Hitosashiyubi Ipponken
17. Shuto Ganmen Uchi
18. Shuto Hizo Uchi
19. Shuto Sakotsu Uchikomi

Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Kin Geri
3. Maegeri Keage Jodan
4. Mawashigeri Keage
5. Maegeri Kekomi Jodan
6. Mae Kansetsu Geri
7. Mawashigeri Kekomi Chudan
8. Sokuto Geri Chudan
9. Surikomi Mawashigeri Keage Chudan
10. Surikomi Sokuto Geri Chudan
11. Ushirogeri (hiza)
12. 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)



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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
7. Surikomi Maegeri, Mawashigeri Gyakuzuki Chudan

Kata (Form)

1. Either Pinan Sono Ichi or Pinan Nidan.
2. Either Pinan Sono Ni or Pinan Shodan.
3. Either Pinan Sono San or Pinan Sandan.
4. Either Pinan Sono Yon or Pinan Yodan.

Bunkai (Analysis)

1. Either Pinan Sono Ichi or Pinan Nidan.
2. Either Pinan Sono Ni or Pinan Shodan.
3. Either Pinan Sono San or Pinan Sandan.

Enbu Kumite or Kihon Kumite

1. Pinan Sono Ichi Enbu Kumite or Kihon Kumite 1. Ikkyo & 2. Nikkyo at Level 3.

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