

5. Dan – Schwarzgurt



KIHON TSUKI WAZA

1. Kette Junzuki Nidozuki
2. Kette Gyakuzuki Nidozuki
3. Kette Junzuki No Tsukomi Nidozuki
4. Kette Gyakuzuki No Tsukomi Nidozuki
5. Tobikomizuki
6. Nagashizuki

UCHI WAZA

- | | |
|------------|---|
| 1. Shuto | Hidari – Migi – Jodan |
| 2. Tettsui | Hidari Yoko Jodan – Migi Otoshi Chudan |
| 3. Uraken | Hidari Yoko Jodan – Migi Mashomen Uraken Jodan |
| 4. Haito | Hidari – Migi Ganmen – Hidari Ganmen – Renzoku Uchi Jodan – Migi Chudan |
| 5. Teisho | Hidari Age – Migi Age Jodan |
| 6. Empi | Age Jodan – Mawashi Jodan – Yoko Chudan – Ushiro Chudan |

KERI WAZA

- | | |
|----------------------|-----------------------|
| 1. Maegeri | 6. Yokogeri |
| 2. Mawashigeri | 7. Ushirogeri |
| 3. Sokuto | 8. Nidangeri |
| 4. Sokuto Fumikomi | 9. Tobisokuto |
| 5. Hizageri Mae Yoko | 10. Ushiromawashigeri |

RENZOKU WAZA

1. 10 – Jiyu Renzoku Waza
2. 12 – Jiyu Renzoku Waza

KATA

1. Jion
2. Jitte

OHYO KUMITE

- | | |
|-------------|---------------|
| 1. Ipponme | 6. Ropponme |
| 2. Nihonme | 7. Nanahonne |
| 3. Sanbonme | 8. Hachihonne |
| 4. Yonhonme | 9. Kyuhonne |
| 5. Gohonme | 10. Jupponme |

KIHON KUMITE

- | | |
|-------------|---------------|
| 1. Ipponme | 6. Ropponme |
| 2. Nihonme | 7. Nanahonne |
| 3. Sanbonme | 8. Hachihonne |
| 4. Yonhonme | 9. Kyuhonne |
| 5. Gohonme | 10. Jupponme |

TANTO TORI

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme

JIYU KUMITE