

READING FOR KICKS, 5th Kyu Examination, (rev. 7/2017)

A. Kata

1	heian yondan	3	heian nidan
2	heian sandan	4	heian shodan

B. Impact (twice on each side)

1	front stance, in place, reverse punch middle, kamai. Change sides.
2	front stance, in place, kamai. Change sides.
3	front stance, step in, punch middle, kamai. Change sides.
4	back stance, step in, knife hand strike middle, kamai. Change sides.
5	side stance, in place, hook punch middle, kamai. Change sides.
6	front stance, step in, front kick low, kamai. Change sides.
7	side stance, step across, side snap kick low, kamai. Change sides.
8	side stance, step across, side thrust kick low, kamai. Change sides.
9	front stance, step in, round kick low, kamai. Change sides.
10	front stance, step in, back kick low, kamai. Change sides.

C. Falling

1	slap fall from kneeling roll
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D. Kata Concepts

1	heian yondan	slow techniques = fast techniques	+concepts of heian shodan - sandan	
2	heian sandan	make power by shifting	+concepts of heian shodan and nidan	
3	heian nidan	one breath = multiple techniques	+concepts of heian shodan	
4	heian shodan	one breath = one technique	shomen/hanmi	front knee/foot toward opponent

E. Bunkai (the student chooses a technique from an assigned kata)

1	Explain the combat application of the technique
2	List the body actions employed by the technique
3	Demonstrate the technique against an opponent

F. Body Action Analysis (list and demonstrate the six methods of making power)

vibration	2	rotation	3	shifting
rising	5	lowering	6	expansion / contraction

G. Dojo Kun (recite)

1	One. To seek perfection of character.
2	One. To be sincere and honest.
3	One. To show strong spirit.

4	One. To respect others.				
5	One. To refrain from violent behavior.				
H. Vocabulary (define five terms selected by the examiner from the following list)					
1	mawate	turn	6	mawashi geri	round kick
2	kizami zuki	short punch	7	gyaku mawashi geri	reverse round kick
3	neko ashi dachi	cat stance	8	yoko geri kekomi	side thrust kick
4	oi zuki	lunge punch	9	ushiro geri	back kick
5	gyaku geden barai	reverse down block	10	ashi barai	leg sweep
I. Kihon					
1	front stance, step in, punch high, twice low, kamai				
2	front stance, step back, punch high, twice low, kamai				
3	front stance, step in / back, rising block, reverse punch high, kamai				
4	front stance, step in / back, outside block, reverse punch high, kamai				
5	front stance, step in / back, down block, reverse punch high, kamai				
6	back stance, step in / back, knife-hand strike middle, front leg front kick low, reverse punch high, kamai				
7	front stance, step in / back, inside block, reverse punch high, kamai				
8	front stance, step in / back, reverse down block, reverse punch high, kamai				
9	front stance, step in, front kick low, step in, front kick low, punch high, kamai				
10	side stance, step across, side snap kick low, step across, side snap kick low, elbow strike middle, kamai				
11	side stance, step across, side thrust kick low, step in, side thrust kick low, elbow strike middle, kamai				
12	front stance, step in, punch high, round kick low, step in, round kick low, reverse punch high, kamai				
13	front stance, step in, back kick low, reverse punch high, kamai				
J. Yohon Kumite (2 per side)					
1	O: free stance, step in, punch high				
	D: free stance, step in, rising block, reverse punch, kamai				
2	O: free stance, step in, punch middle				
	D: free stance, step in, outside block, reverse punch, kamai				
3	O: free stance, step in, punch middle				
	D: free stance, step in, inside block, reverse punch, kamai				
4	O: free stance, step in, front snap kick low				
	D: free stance, step in, down block, reverse punch, kamai				
5	O: free stance, step in, side snap kick				
	D: free stance, step in, any block, reverse punch, kamai				

6	O: free stance, step in, side thrust kick						
	D: free stance, step in, any block, reverse punch, kamae						
7	O: free stance, step in, round kick						
	D: free stance, step in, any block, reverse punch, kamae						
8	O: free stance, step in, back kick						
	D: free stance, step in, any block, reverse punch, kamae						
9	O: free stance, step in, reverse round kick						
	D: free stance, step in, any block, reverse punch, kamae						
K. Jyu Ippon Kumite (to complete a match, a point must be awarded for both offense and defense)							
1	against an opponent of equal or greater rank						
2	against an opponent of equal or greater rank						
L. Embusen (for students 14 years and older) (for currently assigned kata)							
1	line diagram	2	box diagram	3	height and timing diagram	4	body action analysis