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Shotokan Karate-Do 5th Kyu

1) Heian Shodan.

KIHON TSUKI

2) move F 5x, Oi-tsuki Jodan.

3) Move F 5x, Oi-tsuki Chudan.

4) Move F 5x, Sambon-tsuki.

UKE

5) Move F/B 5x, Gedan-berai, Uraken, Gyaku-tsuki, Gedan-berai.

6) Move F/B 5x, Age-uke, Uraken, Gyaku-tsuki, Gedan-berai.

7) Move F/B 5x, Soto-ude-uke, Empi, Gyaku-tsuki, Gedan berai.

8) Move F/B 5x, Uchi-ude-uke, Uchi-ude-uke, Kizama-tsuki, Gyaku-tsuki, Gedan-berai.

9) Move F/B 5x, Shuto-uke, Nukite, Shuto-uke.

GERI

10) Move F 5x, Mae-geri Chudan, Oi-tsuki.

11) Move F 5x, Mae-geri Jodan, Oi-tsuki.

12) Move F 5x, Mawashi-geri, Uraken, Gyaku-tsuki.

13) Move F 5x, L/R, Yoko-geri Keage.

14) Move F 5x, L/R, Yoko-geri Kekome.

KATA

15) Kata of choice. Not Heian Shodan or Heian Yondan

16) Bunkai of Heian Nidan.

KUMITE

17) GOHON KUMITE

5x Jodan.

5x Chudan.

5x Mae-geri

Counter Gyaku-tsuki on the fifth move.

18) IPPON KUMITE (left and right)

3x Jodan.

3x Mae-geri.

3x Chudan.

3x Mawashi-geri.

KATA

19) Heian Yondan.

Pass (25) Good (34) Exc (46)