

# HARA SHOTOKAN KARATE ACADEMY

## 5th Kyu Grading Syllabus (Purple)

Japanese Terminology Kihon	English Terminology Basic moves
1 Kiba dachi, sanbon zuki x5	Horse stance, three punches
2 Sanbon zuki x3 Forwards	Three punches, one step
3 Age-uke, gyaku zuki, uraken x3 Backwards	Rising block, reverse punch, back-fist strike
4 Yoko geri kekome, zenkutso dachi x3 Forwards	Side thrust kick in basic stance
5 Soto-uke, Yoko empi, uraken, gyaku zuki x3 Backwards	Outside to inside block, elbow strike, back-fist strike, reverse punch
6 Mae geri, oi zuki, gyaku zuki x3 Forwards	Front snap kick, lunch punch, reverse punch
7 Uchi uke, kizami zuki, gyaku zuki x3 Backwards	Inside to outside block, snap punch, reverse punch
8 Kizami mae geri, step mae geri x3 Forwards	Front leg snap kick, step snap kick
9 Gedan barai, uraken, gyaku zuki x3 Backwards	Lower area block, back-fist strike, reverse punch
10 Ushiro geri x3 Mawatte & return	Back Kick Turn and repeat
11 Mae geri, mawashi geri – same leg x3 Forwards	Front snap kick, round house kick
12 Shuto, kizami mae geri, nukite x3 Backwards	Knife hand block, front leg snap kick, spear hand strike
Kumite Ippon	Fighting ( One Step )
Jodan Chudan Mae-geri Yoko geri kekome Mawashi geri	Head Attack Middle Attack Snap Kick Attack Side thrust kick Round house kick
Both Sides	
Kata	Form
Heian Yondan	Peaceful Mind (Fourth)

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## Heian Yondan

Combination - Count 6 times

