

A 5th kyu student exhibits medium body control, medium power delivery, reasonable balance, and focused concentration.

Key Performance Points:

Focus, power, good relaxation between focus points, no knee wobble

Kata

Heian Yondan

Basics

1. **4 times moving forward, 4 times moving backward**
 - a. *jōdan oi zuki*
Step into a lunge punch to the face (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
2. **4 times moving forward, 4 times moving backward**
 - a. *age uke*
Step into a rising block (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
3. **4 times moving forward, 4 times moving backward**
 - a. *ude uke*
Step into an outside block (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
4. **4 times moving forward, 4 times moving backward**
 - a. *uchi uke*
Step into an inside block (front stance)
 - b. *kizami zuki*
Jab with the blocking arm (front stance)
 - c. *gyaku zuki*
Reverse punch (front stance)
5. **4 times moving forward, 4 times moving backward**
 - a. *shutō uke*
Step into a knife-hand block (back stance)
 - b. *nukite*
Move the front foot into a front stance and execute a reverse spear-hand strike
6. **4 times moving forward, 4 times moving backward**
 - a. *gedan barai*
Step into a downward block (front stance)
 - b. *gyaku zuki*
Reverse punch (front stance)
7. **5 times moving forward, then turn around**
 - a. *mae geri*
Front snap kick with the back foot, land in front stance
8. **5 times moving forward, then turn around**
 - a. *mawashi geri*
Roundhouse kick with the back foot, land in front stance
9. **3 times moving sideways, then turn around, then repeat**
 - a. *yoko geri keage*
Side snap kick, land in horse stance
10. **3 times moving sideways, then turn around, then repeat**
 - a. *yoko geri kekomi*
Side thrust kick, land in horse stance
11. **4 times moving forward**
 - a. *mikazuki geri*
Crescent kick with the back foot, land in front stance
12. **4 times moving backward**
 - a. *otoshi uke*
Step back into a drop block (front stance)
13. **4 times in place, twice per side**
 - a. *mae geri*
Front snap kick, touch down
 - b. *yoko geri keage*
Side snap kick, touch down
 - c. *yoko geri kekomi*

Side thrust kick, touch down

Kumite

1. **sambon kumite**
Three-step sparring (front stance)
 - a. *jōdan oi zuki / age uke*
Alternate attacking with a lunge punch to the head and receiving with a rising block
 - b. *oi zuki / ude uke*
Alternate attacking with a lunge punch and receiving with an outside block
 - c. *mae geri / gedan barai*
Alternate attacking with a front snap kick and receiving with a downward block
2. **ippon kumite**
One-step sparring (front stance)
 - a. *jōdan oi zuki / age uke*
Alternate attacking with a lunge punch to the head and receiving with a rising block
 - b. *oi zuki / ude uke*
Alternate attacking with a lunge punch and receiving with an outside block
 - c. *mae geri / gedan barai*
Alternate attacking with a front snap kick and receiving with a downward block
3. **go no sen**
After-the-before movement and timing (fighting position)
 - a. *age uke / gyaku zuki*
Defend against a lunge punch to the head and counter with a reverse punch
 - b. *ude uke / gyaku zuki*
Defend against a lunge punch and counter with a reverse punch
 - c. *gedan barai / gyaku zuki*
Defend against a front snap kick and counter with a reverse punch
4. **3 times**
 - a. *oi zuki*
Attack with a stepping lunge punch (fighting position)
5. **3 times**
 - a. *gyaku zuki*
Attack with a stepping reverse punch (fighting position)