

kyu 5

gakka

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1. how to study the technical and philosophical teachings
2. systems of trainings

techniques

basic

1. *etiquette & manners*: shugo seiretsu, kesshu, gassho rei, chosoku, happo moku, (clothing, attitude, word use)
2. *tai gamae* – chudan gamae, hasso gamae, ichiji gamae
3. *tai sabaki* – zen tenkan, han tenkan, jun sagari
4. *umpo ho* – chidori ashi, kani ashi, juji ashi, kumo ashi
5. *ukemi* – mae ukemi, ushiro ukemi, dai sharin, oten yori okiagari

offence & defense

1. *offence*: (kaisoku dachi) me uchi, kinteki geri, furiko zuki, gedan zuki, shuto uchi, keri age, jo chu niren zuki
2. *offence*: (right & left) jun zuki, gyaku zuki, jun geri, gyaku geri, sashi komi mawashi geri
3. *defense*: (kaisoku dachi) uwa uke, uchi uke, shita uke, uchi harai uke
4. *moving*: zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari, jun geri
5. *do tsuke, do geri*:
(kaisoku dachi) furiko zuki, keri age
(right & left) jun zuki, gyaku zuki, jun geri, gyaku geri
6. *tan en* – tenchi ken 1 (right & left),
7. *tan en* – ryuo ken 1 (right & left),
8. *tan en* – giwa ken 1 (right & left),

hokei (so-tai)

1. tenchi ken dai 1 (right & left)
2. ryuo ken dai 1 (right & left)
3. ryusui geri (mae, right & left)
4. uwa uke zuki (ura, right & left)
5. uwa uke zuki (omote, right & left)
6. shita uke geri (right & left)
7. shita uke jun geri (right & left)
8. katate yori nuki (right & left)
9. maki nuki (katate, right & left)
10. gyaku gote, mae yubi gatamae (right & left)