

FSK Rank Requirements

5th Kyu (Purple Belt I)

KIHON WAZA (Basic Techniques)

Show 6 basic stances:

| | | | | | |
|--------------|-------------|---------------|---------------|-----------------|--------------|
| Musubi dachi | Heiko dachi | Heisoku dachi | Hachiji dachi | Neko Ashi dachi | Renoji dachi |
|--------------|-------------|---------------|---------------|-----------------|--------------|

Show Zenkutsu dachi shomen facing and hanmi facing

Te Waza (Hand Techniques)

- Punch in place from Horse stance (10 times)

| Waza (Technique) | Dachi (Stance) | Direction of movement |
|------------------------------|----------------------|-----------------------|
| Sanbon Oizuki (Triple punch) | Zenkutsu | Forward & Backward |
| Age Uke, Nidan Zuki | Zenkutsu | Forward |
| Soto Uke, Nidan Zuki | Zenkutsu | Backward |
| Uchi Uke, Nidan Zuki | Zenkutsu | Forward |
| Gedan Barai, Nidan Zuki | Zenkutsu | Backward |
| Shuto Uke, Mae Geri, Nukite | Kokutsu > Zenkutsu | Forward |
| Uchi Uke, Enpi Uchi | Zenkutsu > Kibadachi | Backward |

Keri Waza (Kicking Techniques)

| Waza (Technique) | Dachi (Stance) | Direction of movement |
|--|----------------|-----------------------|
| Yoko Geri Keage Chudan | Kiba dachi | Forward |
| Yoko Geri Kekomi Chudan | Heisoku dachi | Forward |
| Mawashi Geri Chudan | Zenkutsu | Forward |
| Uchi Mikazuki Geri (Inside Crescent Kick) | Zenkutsu | Forward |
| Ushiro Geri (Back Kick) | Zenkutsu | Forward |

KATA (Forms)

| | |
|--------------|--|
| Heian Yondan | Bunkai for 3 kata sequences for any Heian kata 1-4 |
| Ten no Kata* | |

KUMITE:

3 Step Semi-Free Sparring (3 attacks: Jodan Zuki, Chudan Zuki, Chudan Mae Geri)

UKEMI (Rolling & Falling)

Standing Forward Roll + Standing Back Roll consecutively

Side fall from hip throw, Side fall from wrist throw

Self-Defense

Head Frame defense against round punch

Arm Frame defense + front kick

Head grab + knee to face and throw

ADDITIONAL

Demonstrate the following:

- 3 abdominal core exercises
- 3 leg strengthening exercises
- 1 arm strengthening exercise
- 1 back strengthening exercise

How to stretch your adductors
How to stretch your calf
How to stretch your hip flexors

*Ten no Kata is a kumite kata, to study go no sen timing. Not technically a traditional kata in the truest sense of the word, but many Shotokan styles introduce Ten no Kata as a way to transition into Yakusoku Kumite or pre-arranged partner drills. This kata may be optional - please check with your instructor for your individual test.