

5th KYU

Kata:

Pinon 2
Sukugi 3

Blocks:

1. Tensho block up
2. Tensho block down
3. Tensho side palm out
4. Tensho side palm in

Kicks:

1. Spinning Back Kick
 - a. Straight
 - b. Hook
2. Spinning Crescent
3. Spinning Hook

Hand Form:

1. Eagle Beak
2. Bear Swat
3. Eye Gouge
4. Eye Rake

Sweeps:

1. Ashi Barai (Front Leg)
2. Ground Ashi Barai

Must have attended at least 26 classes since last testing