Shawn Danaher's
CAMARILLO SHOTOKAN KARATE-DO

5TH Kyu – Purple/White Belt Requirements

(Test in English)

KIHON *(Basics)*

Hand Techniques – Moving forward & backward
Step back w/ your right leg, down block FRONT STANCE

5 times NO count:

A) LUNGE PUNCH FACE & REVERSE PUNCH STOMACH

B) RISING BLOCK & REVERSE PUNCH STOMACH

C) OUTSIDE STOMACH BLOCK (FRONT STANCE) & ELBOW STRIKE (HORSE STANCE)

D) INSIDE STOMACH BLOCK & REVERSE PUNCH FACE

E) DOWN BLOCK & REVERSE PUNCH STOMACH

F) KIFEHAND BLOCK *(back stance)* & SPEAR-HAND HAND THRUST *(front stance)*

Kicking Techniques
Step back w/ right leg, down block into FRONT STANCE

5 times NO count:

A) FRONT SNAP KICK (**Stomach Level** – *Turn* – **Face Level***)*

B) FRONT THRUST KICK (**Stomach Level** – *Turn* – **Face Level***)*

C) ROUNDHOUSE KICK (**Stomach Level** – *Turn* – **Face Level***)*

Step out with right leg into HORSE STANCE

3 times NO count:

E) SIDE SNAP KICK (**Stomach Level** – *Turn* – **Face Level***)*

F) SIDE THRUST KICK (**Stomach Level** – *Turn* – **Face Level***)*

Step back w/ right leg, down block into FRONT STANCE

3 sets NO count:

G) DOUBLE FRONT SNAP KICK (Stomach, Face)

H) DOUBLE FRONT THRUST KICK (Stomach, Face)

KATA *(Forms)*

A) **Heian Shodan to Sandan** (Random Review with Bunkai)

B) **Heian Yondan** "Peaceful Mind #4"

KUMITE *(Sparring)*

1-step Prearranged Sparring (*NO count*)– RIGHT side attack (A TEST add LEFT side attack)

A) FACE PUNCH (Lunge Punch)

B) STOMACH PUNCH (Lunge Punch)

C) FRONT KICK (Stomach Level)

D) SIDE THRUST KICK (Stomach Level)

E) ROUNDHOUSE KICK (Stomach Level)