**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) LJNGE 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)