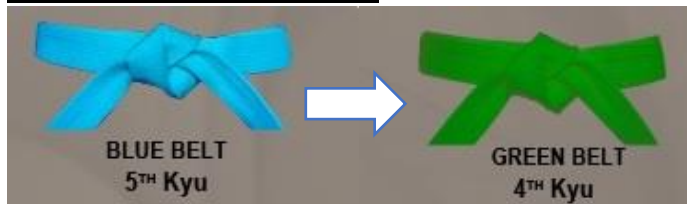




KARATE BUDOKAN OMAN

SYLLABUS FOR 5th KYU



TECHNIQUES: Assume Forward Stance (Zenkutsu Dachi)

1. Move forward **down₁** block, reverse punch, **inner³**-forearm, back leg front kick and keep the leg back **down₁** block.
2. Move forward **upper²** block, reverse punch, **outer⁴**-forearm block, back leg side kick and keep the leg back **upper²** block.
3. Move forward **Inner³**-forearm block, reverse punch, **upper²** block, back leg turning kick and keep the leg back **Inner³**-forearm block.
4. Move forward **Outer⁴**-forearm block, reverse punch, **down₁** block, turn around back kick and keep the leg back **Outer⁴**-forearm block.
5. Move forward **down₁** block, **Inner³**-forearm block, **upper²** block, back fist strike (all in same hand), reverse punch, inner crescent kick, and turn around side kick and **down₁** block.
6. Move forward **upper²** block, **Outer⁴**-forearm block, **down₁** block, back fist strike (all in same hand), reverse punch, inner crescent kick, and turn around spinning kick and **down₁** block.

Stance (Dachi):

Any stance may ask

Kicks (Geri):

1. Spinning kick

Kata:

1. Hiyan Yandan

Note: A minimum of 4 months training is expected of a member between each promotion from the White Belt stage to the 4th Kyu, after which a 5 monthly interval is required before he/she is tested for the First Kyu. A minimum training period of 6 months is necessary from the 1st Kyu to the Black Belt Shodan



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