



Hakuba Wadoryu 5th Kyu Syllabus. Blue Belt **5th KYU 五級**

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Nagashizuki-jodan
6. Ushirogeri-gedan
7. Sokuto-chudan
8. Nidangeri-jodan

RENRAKU-WAZA 連絡技

1. Mawashigeri-chudan – Ushirogeri-gedan – Gyakuzuki-chudan
2. Surikomi-sokuto-fumikomi-hiza – Ushirogeri-gedan – Uraken-uchi-jodan

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Sanbonme, Yonhonme
2. Maegeri-uke; Sanbonme, Yonhonme

OHYO-GUMITE 応用組手

1. Nihonme

KATA 形

1. Pinan Sandan
2. Pinan Yodan

JIYU-GUMITE 自由組手