



## Red Belt 5<sup>th</sup> kyu Test form

### Taihenjutsu – basic falling, leaping and evading skills

1. Ukemi while punching and kicking
2. Yokonagashi – demonstrate the ground drop safely (make sure head is turned)

### Shiken Taihenjutsu (muto dori) – sword evasion skills

1. Hira no kamae
2. Ichimonji no kamae
3. Jumonji no kamae

### Dakentaijutsu

1. Kakushi geri – crescent kicks against an attacker punching / kicking
2. Boshi ken – thumb driving strike against an attacker
3. Shako ken – claw fist
4. Sampo geri – hidden kick

### Kihon hoshi sanpo

1. Hicho no kamae
2. Hicho no kamae against an attacker

### Kihon happo torite gatas

- Ganseki nage – forward shoulder throw from a two handed grab

### Gyaku waza

1. Muso dori – arm entanglement, rotate arm over into an arm bar
2. Ura oni kudaki – one handed

### Hajutsu kuho (taihodoki) body grab escapes

1. Taihodoki – bear hug from behind
2. Taihodoki – against multiple attackers

### Waveforms – strikes

1. Kicks

2. Slaps / palm downs
3. Throws / takedowns

**Player to the game**

1. Figure 8's
2. Planes of attack
3. Mind, Breath, Body
4. Vibration