

# uekf Syllabus 5th kyu

## **Kata**

Pinan Sandan  
Sanchin

## **Kihon Combinations**

### **Punches**

Kaishi Kamae  
Oizuki chudan  
Gyakuzuki chudan  
Maeken zuki  
Switch maeken zuki

### **Blocks**

In zenkutsudachi: Shuto gyakuzuki

### **Kicking combinations**

Surikomi maegeri ashibarai gyakuzuki  
Surikomi yokogeri ushirogeri urauchi  
Surikomi mawashigeri ushirogeri gyakuzuki  
Surikomi uramawahigeri gyakuzuki  
Ushirogeri gyakuzuki  
Mikazukigeri

## **Pairs**

Ohyo bunkai  
Hokei Kumite 3

## **Kumite**

Back arm front leg alternate  
Gyakuzuki mawashigeri  
Gyakuzuki uramawahigeri

