

#5 Kids Test Green Belt

Suvari Waza (Kneeling Practice) Uses shiko walking

Shomen uchi ikkyo, omote and ura – Elbow controlling technique.

Standing Practice

1. **Ryotetori tenchi Nage** two hand grab, heaven & earth throw
2. **Shomen uchi irimi nage** head strike, nage enters behind attacker's back & throws
3. **Katate dori kokyu nage**, forward and backward throws
4. **Yokomen uchi Irime Nage** Use tenshin movement to start the technique
5. **Kokyu dosa** Seated breath throw

Vocabulary Student is responsible for all Japanese terms up to this test including:

JAPANESE VOCABULARY	MEANING
Katate –	Wrist grab
Ryotetori -	Two hand grab
Shomen -	Head strike
Yokoman -	Strike to side of head
Tsuki	Punch or thrust
Omote –	Enter in front
Ura-	Enter behind
Tenkan	Turn
Tai No Heno	Blending exercise using tenkan.
Katate	Wrist grab
Ryotetori -	Two hand grab
Ai Hanmi -	Equal stance. Right to right, or left to left.
Gyaku hanmi	Mirror image stance. Right foot front to left front. Left to right foot front.
Uke	Person that delivers the attack and receives the technique
Nage	Person that does the technique