

#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:

Katate grab- wrist grab

Ryotetori-two hand grab

Shomen strike- head strike

Yokoman strike- strike to side of head

Tsuki Punch or thrust

Omote – enter in front

Ura- Enter behind

Tenkan- turn

Tai No Henko- Blending practice with tenkan

Gyaku hanmi (mirror image stance) right foot front to left front or vice versa.

Ai Hanmi - equal stance (right to right, or left to left)

Nage Person that does the technique

Uke Person that delivers the attack and receives the technique