



# 5TH KYU PURPLE BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

## STRIPE # 1: *KIHON & WAZA*

**\*\* MANDATORY ATTENDANCE: 8 CLASSES \*\***

### KIHON :

- **Cross Stance**—Kosa Dachi
- **Upper X Block**—Jodan Juji Uke
- **Lower X Block**—Gedan Juji Uke
- **Wedge Block**—Kakiwake Uke
- **Roundhouse Punch**—Mawashi Zuki
- **Front Elbow Strike**—Mae Empi Uchi
- **Dropping Backfist Strike**—Otoshi Uraken Uchi
- **Hook Kick**—Kagi Geri
- **Hook Foot Sweep**—Kagi Ashi Barai
  - \* Apply With a Partner

### WAZA (FORWARD & BACKWARD):

- **#1**—Lower Sweep Block, Reverse Punch
- **#2**—Upper Rising Block, Reverse Punch
- **#3**—Middle Outside Block, Reverse Punch
- **#4**—Middle Inside Block, Reverse Punch
- **#5**—Knifehand Block, Reverse Punch, Knifehand Block

## STRIPE #2: *KATA*

**\*\* MANDATORY ATTENDANCE: 8 CLASSES \*\***

### YOUTH & ADULTS:

- Taikyoku Shodan
- Taikyoku Nidan
- Taikyoku Sandan
- Pinan Shodan
- Pinan Nidan
- Pinan Sandan

### ADULTS ONLY:

- Wansu
- Wankuan

**SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4**





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### STRIPE #3: KUMITE

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

- **Ippon Kumite #1-7**—Left & Right Foot Back
  - \* #1—Upper Rising Block, Reverse Punch
  - \* #2—Middle Outside Block, Reverse Punch
  - \* #3—Lower Sweeping Block, Reverse Punch
  - \* #4— Middle Inside Block, Roundhouse Knifehand Strike, Slide in Roundhouse Elbow Strike
  - \* #5—Move to Outside in Cat Leg Stance, Side Stomp Kick, Roundhouse Kick, Land with Foot Behind
  - \* #6—Elbow Block, Side Elbow Strike, Outside Foot Sweep, Dropping Punch
  - \* #7—Palmheel Block, Side Kick, Close Punch, Roundhouse Punch, Hook Foot Sweep, Punch
- **SS (Side Step)**—With Counter
  - \* Against Roundhouse Kick Variations
- **Jiyu Kumite (Freestyle Sparring)**
  - \* Using SA, ABC, BC, RS, ABT & SS

### STRIPE #4: SELF-DEFENSE

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

#### DEFEND AGAINST:

- **Front Choke**—Shrug / Bring Arm Up & Twist to Break Grip / Side Elbow Strike / Side Stomp Kick
- **Rear Choke**—Shrug / Bring Arm Up, Turn & Drop Elbow to Break Grip / Tigermouth Strike / Knee Strike
- **Mugger Hold**—Stomp Kick the Foot / Break Grip / Leg Throw / Front Stomp Kick
- **Hammer Lock**—Stomp Kick the Knee / Turn & Arm Bar / Knee Strike

#### BREAKFALLS (Level #3—Standing):

- **Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll**

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)  
BE SURE TO COMPLETE WRITTEN EXAMINATION (IF REQUIRED) & INTENT TO PROMOTE SHEET  
AND TURN THEM IN BEFORE EXAMINATION DAY.**

**FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT) MUST BE WORN FOR ALL  
SATURDAY BELT EXAMS. STUDENTS NOT IN FULL UNIFORM WILL NOT BE ALLOWED TO TEST.**