



GO KYU—5th Kyu Green Belt Requirements

Requirement	Description	
Hand Strikes	Reverse Elbow and Knife Hand Stab	
Kicking	Japanese Round Kick and Wheel Kick	
Stances	Tiger Stance and Application	
Blocks	All Kihon Blocking Waza	
Kata	Chil Nage Ichi Kata	
Self Defense	Lapel Grab II	
	Double Wrist Grab II	
	Rear Choke Counter	
	Hip Throw	
	Overhead Club & Knife Attack	
Application	Ippon Kumite 1 to 5	
	Randori Throws	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Training Time	3 Months Since 6th Kyu	



5th Kyu Green Belt #2 Requirements

Requirement	Description	
Hand Strikes	Uppercut Elbow and Combination Drill	
Kicking	Spin Back Kick and Spin Crescent Kick	
Stances	Crane Stance and Application	
Blocks	Knee and Passive Blocking	
Kata	1/2 Kaminari no Kata	
Self Defense	Straight Wrist Grab II	
	Cross Wrist Grab II	
	Shoulder Throw	
	Defense against kicks	
	Swing Club and Knife Attack	
Application	Kumite Rounds Jiyu Kumite	
	Grappling Rounds	
Red Stripe	Complete Requirements	
Blue Stripe	Complete Requirements	
Black Stripe	Complete Requirements	
Training Time	2 Months Since 5th Kyu	