

4th KYU - PURPLE WITH ONE WHITE STRIPE

BASICS

| <u>No</u> | <u>Technique</u> | <u>Procedure</u> |
|-----------|--|----------------------------|
| 5 | Mae Geri/Sanbon Zuki | Forward turn the same back |
| 5 | Age Uke/Gyaku Zuki/Gedan Barai | Forward and stepping back |
| 5 | Soto Ude Uke/Gyaku Zuki/Gedan Bari | Forward and stepping back |
| 5 | Uchi Uke/Gyaku Zuki/Gedan Barai | Forward and stepping back |
| 5 | Shuto Uke/Nukite /Shuto Uke | Forward and stepping back |
| 5 | Kosa Uke | Forward and stepping back |
| 5 | Gedan Barai/Gyaku Zuki/Gedan Bari | Forward and stepping back |
| 5 | Uraken/Gyaku Zuki/Gedan Barai | Forward turn the same back |
| 5 | Mae Geri/Mawashi Geri (stepping forward) | Forward turn the same back |
| 5 | Mae Geri/ Kekomi (stepping forward) | Forward turn the same back |
| 5 | Keage (from kiba dachi) | Forward turn the same back |

Following Basics from Jiyu Dachi Stance

Mae Geri, Uraken, Stepping forward

KUMITE

Kihon Ippon Kumite - Set 1.
Jodan, Chudan, mae Geri, Kekomi and Mawashi Geri
(one side for tag)

KATA

Heian Sandan (see pages 113 - 121)
Senior and full grades - no count (full Kata)
Junior intermediate grades - to count up to first Kiai
(half Kata)
Plus any previous Kata