

PURPLE BELT 4th Kyu (Yonkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon zuki (Jun zuki - Jodan, chudan, chudan)
- Sanbon zuki (Gyaku zuki - Chudan, jodan, chudan)
- Jodan age uke, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi, uraken (kiba dachi)
- Chudan uchi ude uke, jodan kizami zuki, chudan gyaku zuki
- Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi)

Zenkutsu Dachi, Kamae

- Mae ren geri (Chudan, jodan)
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

performed backwards or forwards

KATA

- Heian Godan

KUMITE

- Kihon Ippon Kumite 2 Jodan 1 Yoko geri

2 Chudan 1 Mawashi geri

1 Mae geri