

# 4th Kyu - Purple Belt

## **Kihon, Tsuki & Keri (Basic Techniques)**

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Mawashigeri Chudan.
7. Ushirogeri Chudan.
8. Sokuto Chudan.

## **Renraku Waza (Combination Techniques)**

1. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan.
2. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Chudan
3. Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.

## **Uke (Blocks)**

- Jodan Uke Ipponme (1) & Sanbonme (3).
- Chudan Maegeri Uke Yohonme (4) & Gohonme(5).
- Chudan Soto Uke & Uchi Uke.

## **Kata (Form)**

- Pinan Yodan
- Pinan Godan

## **Ohyo Gumite (Semi-Free Fighting)**

- Sanbonme (3)

## **Go Shin Jutsu (Self Defence)**

## **Ji Yu Kumite (Free Fighting)**