

4th KYU

(Blue Belt with White Stripe)

KIHON

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times
1	Zenkutsu Dachi	Gedan Barai		
a)		Oi Zuki	Fwd/Back	3
b)		Gyaku Zuki	Fwd/Back	3
c)		Ren Zuki	Fwd/Back	3
d)		Sanbon Zuki	Fwd/Back	3
e)		Age Uke / Uraken / Gyaku Zuki	Fwd/Back	3
f)		Uchi Uke / Kizami Zuki / Gyaku Zuki	Fwd/Back	3
g)		Soto Uke / Yoko Empi / Gyaku Zuki	Fwd/Back	3
h)		Gedan Barai / Uraken / Gyaku Zuki	Fwd/Back	3
2	Kokutsu Dachi	Shuto Uke		
		Shuto Uke / Kizami Geri / Nukite (Zenkutsu)	Fwd/Back	3
3	Zenkutsu Dachi	Gedan Barai / Kamae-Te		
a)		Mae Geri / Gyaku Zuki		3
b)		Yoko Geri Kekomi / Keage / Gyaku Zuki		3
c)		Mawashi Geri / Gyaku Zuki		3
d)		Ura Mawashi Geri / Gyaku Zuki		3
e)		Ushiro Geri / Gyaku Zuki		3
f)		Ushiro Mawashi Geri / Gyaku Zuki		3
4	Zenkutsu Dachi	Shiho Uke		
		Tate Empi Uchi		4
		Otoshi Tetsui		4
		Yoko Uraken		4
5	Zenkutsu Dachi	Shiho Uke Gyaku Hanmi		
		Shuto Shuto Uchi		4
		Haito Uchi		4
		Keito Uchi		4

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KUMITE

a) Kihon Ippon Kumite

Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri / Ura Mawashi /
Ushiro Geri

b) Jiyu Ippon Kumite

Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri / Ura Mawashi /
Ushiro Geri

KATA

a) Heian Yondan

b) Heian Godan

c) Happo Taikyoku

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