

# 4<sup>th</sup> KYU

## (Blue Belt with White Stripe)

### KIHON (renraku waza)

Zenkutsu Dachi / Gedan Barai / Gyaku Zuki (4 steps forward & 4 steps back)

#### Forward –

- Oi Zuki Jodan – Gyaku Zuki Chudan – Ren Zuki – Sanbon Zuki – Tate Zuki

#### Backward –

- Age Uke / Uraken / Gyaku Zuki
- Uchi Uke / Kizami Zuki / Gyaku Zuki
- Soto Uke / Yoko Empi (*kiba dachi*) / Gyaku Zuki
- Gedan Barai / Uraken / Gyaku zuki
- Shuto Uke (*Kok.dachi*) / Nukite (*Z.dachi*) / Jodan Shuto Uchi / Gyaku Shuto Soto Uchi

#### Forward –

- Maegeri                      Uraken / Gyaku Zuki
- Mawashi Geri              Utraken / Gyaku Zuk
- Yoko Geri                    Uraken / Gyaku Zuki
- Uramawashi Geri        Uraken / Gyaku Zuki
- Ushiro Geri                 Uraken / Gyaku Zuki

### KUMITE

#### KIHON IPPON (one attack each, using any different defence combination)

- Jodan                      Attack // Defence
- Chudan                    Attack // Defence
- Maegeri                    Attack // Defence
- Mawashi Geri             Attack // Defence
- Yoko Geri Kekomi        Attack // Defence
- Uramawashi Geri        Attack // Defence
- Ushiro Geri                Attack // Defence

#### JIYU IPPON KUMITE

Jodan / Chudan / Maegeri / Mawashi Geri / Yoko geri / Uramawashi Geri / Ushiro Geri

### KATA

- Heian Yondan
- Heian Godan
- Happo Taikyoku

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