



4th Kyu - Purple Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Junzuki No Tsukkomi.
3. Kette Gyakuzuki.
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.

Kata (Form)

- Pinan Yodan
- Pinan Godan

Ohyo Gumite (Semi-Free Fighting)

- Nihonme (2)