



## **4<sup>th</sup> Kyu – Purple Belt Test.**

**Minimum 9 Months Training From last Grading.**

<b>NAME</b>	
<b>CLUB</b>	

### **KIHON WAZA – BASICS**

	<b>Junzuki (Front Punch)</b>
	<b>Kette Junzuki (Kick - Front Punch)</b>
	<b>Junzuki Tsukkomi (Leaning Punch to the Head)</b>
	<b>Kette Junzuki Tsukkomi (Kick - Leaning Punch to the Head)</b>
	<b>Gyakuzuki Chudan (Reverse Punch Body)</b>
	<b>Kette Gyakuzuki (Kick - Reverse Punch Body)</b>
	<b>Gyakuzuki Tsukkomi (Leaning Reverse Punch)</b>
	<b>Kette Gyakuzuki Tsukkomi (Kick - Leaning Reverse Punch)</b>
	<b>Haito (Inner Ridge Hand Strike)</b>
	<b>Tettsui Chudan From Shikodachi (Hammer Fist in Horse Stance)</b>
	<b>Tobikomizuki From Shizentai (Jab Punch from Natural Stance)</b>
	<b>Nagashizuki From Shizentai (Evasion Punch from Natural Stance)</b>

### **KERI WAZA – KICKS**

	<b>Sokuto Chudan (Side Kick Body)</b>
	<b>Ushirogeri Chudan (Back Kick Body)</b>
	<b>Nidangeri (Jumping 2 Kicks)</b>
	<b>Uchi Mikazukigeri (Inner Crescent Kick)</b>
	<b>Tsugiashi Ashi Barai (Step Up Front Foot Sweep)</b>

### **UKE WAZA – BLOCKS**

	<b>Jodan Uke (Head Block)</b>
	<b>Gedan Barai (Lower Block)</b>
	<b>Soto Uke (Outer Block)</b>
	<b>Uchi Uke (Inner Block)</b>
	<b>Shuto Uke (Knife Block in Back Stance)</b>
	<b>Kake Uke (Hooking Block in Back Stance)</b>
	<b>Juji Uke (X block)</b>

### **RENRAKU WAZA – SHORT COMBINATIONS**

	<b>Yoriashi Uraken – Gyakuzuki Chudan - Kiai (Moving Forward Back Fist – Reverse Punch Body - Shout)</b>
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## RENRAKU WAZA – LONG COMBINATIONS

	<p><b>Tsugiashi Ashi Bari – Yoriashi Uraken Jodan - Gyakuzuki Chudan – Sokuto Chudan – Ushiro Sokuto Chudan – Gyakuzuki Chudan – Kiai</b>  <b>(Step Up Front Foot Sweep – Moving Forward Back Fist Head - Reverse Punch Body – Side Kick Body – Turning Side Kick Body – Reverse Punch To The Body – Shout)</b></p>
	<p><b>(Uraken Jodan / Haito Jodan (Same Hand) / Gyakuzuki Chudan) – Surikomi Maegeri Chudan – Nagashizuki Jodan – Gyakuzuki Chudan – Kiai</b>  <b>(Back Fist Head / Ridge Hand Head (Same Hand) / Reverse Punch Body) – One Step Front Kick Body – Evasion Punch Head – Reverse Punch Body – Shout.)</b></p>
	<p><b>Maegeri Chudan – Sokuto Chudan / Jodan (2 Kicks Same Leg) – Uraken Jodan – Gyakuzuki Chudan – Kiai</b>  <b>(Front Kick Body – Side Kick Body / Head (2 Kicks Same Leg) – Back Fist Head – Reverse Punch Body – Shout)</b></p>

### KATA LIST 1 *(Panel Will Pick 2)*

	Nidan, Shodan, Sandan or Yodan
1.	
2.	

### GRADE KATA *(The Student Must Complete This Kata).*

	Pinan Godan.
	1 Bunkai Application.

### PAIR WORK

	Kihon Gumite – 3
	Ohyo Gumite – 3

### SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 From a Grab
	1 From a Choke.
	1 Against a Weapon
	1 of Your Choice.

	<b>JI YU KUMITE – <i>(Free Fighting / Sparring) (Please Bring Sparring Kit)</i></b>
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### NOTES - COMMENTS.