

4TH KYU- PURPLE BELT

PUNCHES / BLOCKS

1. KETTE JUNZUKI
2. KETTE GYAKAZUKI
3. KETTE JUNZUKI NO TSUKKOMI
4. KETTE GYAKAZUKI NO TSUKKOMI
5. TOBIKOMIZUKI
6. NAGASHAZUKI
7. SLIDING SNAP PUNCH, HOOK PUNCH (FRONT ARM) AND UPPERCUT
8. SLIDING REVERSE PUNCH TO STOMACH, BACK FIST (FRONT ARM) TO THE HEAD
9. STEPPING FORWARD BOTTOM FIST STRIKE
10. SPINNING BACK FIST AND REVERSE PUNCH
11. SLIDING HEAD BLOCK, DOWNWARD BLOCK (SAME ARM) AND REVERSE PUNCH

KICKS / COMBINATIONS

1. DOUBLE ROUND KICK COMING FORWARD OFF THE BACK LEG
2. HOPPING SIDE KICK, HOOK KICK SAME LEG
3. COMING FORWARD FRONT KICK, SIDE KICK, HOOK KICK SAME LEG
4. STEPPING FORWARD SNAP PUNCH AND REVERSE PUNCH (THEN COMING FORWARD) FRONT KICK, ROUND KICK, BACK KICK, BACK FIST AND REVERSE PUNCH.
5. SLIDING SNAP PUNCH, REVERSE PUNCH, ONE STEP ROUND KICK AND REVERSE PUNCH.
6. FRONT KICK (BACK LEG COMING FORWARD), TWISTING SNAP PUNCH

SELF DEFENCE- ATTACK FROM SIDE

BAG WORK (INCLUDING JUMPING FRONT KICKS AND SIDE KICKS)

SPARRING

KATA; PINAN NIDAN, PINAN SHODAN, PINAN SANDAN, PINAN YODAN AND PINAN GODAN

ANY TECHNIQUES FROM PREVIOUS GRADING MAY BE INCLUDED

