

4th Kyu (Blue Belt)



ZUKI WAZA (PUNCHES)

Oi-zuki Sambon-----Three Lunge
Punch's

Kizami zuki/Gyakuzuki -----Jab punch/Reverse Punch,
in and out with pull back.

(Three of each, also moving backwards)

UKE/KERI/ZUKI/ UCHI WAZA (COMBINATIONS)

Age-uke/Gyakuzuki/Gedan Barai-----Upper Block/Reverse Punch/Downward Sweep.
Soto-uke/Empi/Uraken/Gyakuzuki---Outside Block/Elbow Strike/Back fist/Reverse Punch
Uchi-uke/Kizami zuki/Gyakuzuki-----Inside Block/Jab punch/Reverse Punch
Shuto-Uke/Maegeri/Nukite-----Side of hand Block/Front kick/Spear hand

(Block in Back Stance) (Three of each) (Same going backwards)

KERI WAZA (KICKS)

Mae-geri keage-----Front Snap Kick

Mawashi-geri-----Roundhouse Kick

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

Ushiro-geri -----Back heel Thrust Kick

(The above in Zenkutsu-dachi -----Front Stance)

Yoko-geri-sokuto-keage-----Side Kick/Edge of foot/Snap Kick

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

(The above in Kiba-dachi-----Side Stance)

Mae-Geri/Yoko Geri/Ushiro Geri-----Three Kicks on the same leg.

(Three of each)

KATA

Heian Shodan

Heian Nidan

Heian Sandan

New-Heian Yondan

New-Heian Godan

(At least two of these)

KUMITE (Sparing)

Ippon-Kumite-----One Step.

Ippon-Kumite (Kaeshi)-----One Step (The defender counter attacks).

PAD WORK: Lunge Punch – Reverse Punch –Front Kick