

## 5<sup>th</sup> to 4<sup>th</sup> Kyu grading - purple + stripe belt

\* new to this grade

**KIHON** (basics) (no count)

*age-uke, uraken, gyaku-zuki* x 5

*soto-uke, yoko-empi (kiba-dachi), gyaku-zuki (zenkutsu-dachi)* x 5

*shuto-uke (kokutsu-dachi), kizame-mawashi-geri, gyaku-nukite (zenkutsu-dachi)* x 5

*uchi-uke, kizami-zuki (same hand), gyaku-zuki* x 5 \*

*sanbon-zuki (jodan, chudan, chudan)* x 5

*sanbon-gyaku-zuki (jodan, chudan, chudan)* x 5

**Keri-waza** (kicking techniques)

*mae-geri chudan* x 5

*mae-geri jodan* x 5

*mawashi-geri chudan* x 5

*mawashi-geri jodan* x 5

*yoko-geri keage (kiba-dachi)* x 6

*yoko-geri kekomi (kiba-dachi)* x 6 (both 3 turn 3)

**KUMITE** (partner work) *kihon ippon-kumite* (1-step)

*jodan no.1*

*jodan oi-zuki*

// *age uke - gyaku-zuki*

*jodan no.2*

*jodan oi-zuki*

// *shuto-uke (kokutsu-dachi, 45 deg)*

*gyaku jodan shuto-uchi (zenkutsu-dachi)*

*chudan no.1*

*chudan oi-zuki*

// *soto uke (hidari) - gyaku-zuki*

*chudan no.2*

*chudan oi-zuki*

// *soto-uke (migi) - yoko-empi-uchi (kiba-dachi)*

*mae-geri no.1*

*mae-geri*

// *gedan-barai - gyaku-zuki*

*mae-geri no.2*

*mae-geri*

// *gyaku gedan-barai - nihon-zuki*

*yoko-geri kekomi no.1* \*

*chudan yoko-geri kekomi*

// *soto-uke (45 deg) - gyaku-zuki*

*mawashi-geri no.1* \*

*chudan mawashi-geri*

// *uchi-uke (90 deg) - gyaku-zuki*

**KATA** (form)

*Heian Godan* \*

## 4<sup>th</sup> Kyu grading - word list

**Jodan**

Upper level

**Chudan**

Middle level

**Gedan**

Lower level

**Hidari**

Left side

**Migi**

Right side

**Zenkutsu-dachi**

Front stance

**Kokutsu-dachi**

Back stance

**Kiba-dachi**

Horse-riding stance

**Oi-zuki**

Stepping punch (same side as leading leg)

**Gyaku-zuki**

Reverse punch (opposite to leading leg)

**Nihon-zuki**

Two punches (Ni = 2)

**Sanbon-zuki**

Three punches (San = 3)

**Kizami-zuki**

Leading jab punch

**Nukite**

Spear hand

**Uraken**

Back fist

**Yoko-empi uchi**

Side elbow strike

**Shuto-uchi**

Knife-hand strike

**Age-uke**

Rising block

**Soto-uke**

Outside block

**Uchi-uke**

Inside block

**Shuto-uke**

Knife-hand block

**Gedan-barai**

Lower-level block (sweep)

**Mae-geri**

Front kick

**Mawashi-geri**

Roundhouse kick

**Kizame mawashi-geri**

Leading leg (front leg) roundhouse kick

**Yoko-geri**

Side kick

**Keage**

Snap

**Kekomi**

Thrust