



4th KYU - PURPLE BELT WITH TWO WHITE STRIPES

Commands during this examination will be given in English and Japanese

BASICS

No	Technique	Stance	Procedure
5	Sanbon Zuki	Zenkutsu	Forward turn the same back
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken	Zenkutsu/ Kiba	Forward and back
5	Uchi Ude Uke/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Gedan Barai/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward turn the same back
5	Shuto Uke/Nukite	Kokutsu / Zenkutsu	Forward and back
3	Ren Geri Mae Geri/Mawashi Geri	Zenkutsu	Forward turn the same back
3	Ren Geri Mae Geri/Yoko Geri Kekomi	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back

KUMITE

Kihon Ippon Kumite Set 3

Full Grade Juniors and Seniors both sides no count
Intermediate grade 1 side only to count

KATA

Heian Godan

Full Grade Juniors and Seniors no count (full Kata)
Junior and Intermediate grade to count up to first Kiai (half Kata)

Plus any previous Kata (no count)