

4th Kyu – Purple
(Seventh Belt/Grade)

Minimum Training Time:
4 Months (16 Weeks)

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

Tsuki Waza

1. Otoshi Shuto Uchi (Collar Bone)
2. Uchi Shuto Uchi (Jodan) (Temple) [BA]

ENGLISH

Punches

1. Dropping Knife Hand Strike (Collar Bone)
2. Inside Knife Hand (Head) (Temple) [BA]

Empi Uchi Waza

1. Yoko Empi Uchi (Chudan) [FA]
[Stepping Inside Opponent]
2. Ushiro Empi Uchi (Chudan)

Elbow Strikes

1. Side Elbow Strike (Body) [FA]
[Stepping Inside Opponent]
2. Back Elbow Strike (Body)

Keri Waza

1. Ushirogeri (Jodan) [Turning]
2. Tobi Ushirogeri (Chudan) [Turning]
3. Tobi Nidan Uchi Mikazukigeri
4. Tobi Mawashigeri (Jodan)
5. Ura Mawashigeri (Jodan) [FL]

Kicks

1. Back Thrust Kick (Head) [Turning]
2. Jumping Back Kick (Body) [Turning]
3. Jumping Scissors Inside Crescent Kick
4. Jumping Roundhouse Kick (Head)
5. Hook (Back Roundhouse) Kick (Head) [FL]

Renraku Waza

1. Ura Mawashigeri (Jodan)
/ Mawashigeri (Jodan)
/ Yokogeri (Jodan)
[Same Leg, FL]
– Uraken (Jodan) [FA]
– Gyakuzuki (Chudan)
2. Kokatogeri [BL]
– Tobi Ushirogeri (Chudan) [BL]
– Tobi Uchi Mikazukigeri [BL]
/ Surikomi Yokogeri (Chudan)
[Same Leg]
– Otoshi Tettsui Uchi (Jodan) [BA]
3. Yokogeri (Chudan)
/ Ura Mawashigeri (Jodan)
[Same Leg, BL]
– Ushirogeri (Jodan)
[Opposite Leg]

Combination Techniques

1. Hook Kick (Head)
/ Roundhouse Kick (Head)
/ Side Kick (Head)
[Same Leg, FL]
– Back Fist (Head) [FA]
– Reverse Punch (Body)
2. Axe Kick [BL]
– Jumping Back Kick (Body) [BL]
– Jumping Inside Crescent Kick [BL]
/ One Step Side Kick (Body)
[Same Leg]
– Dropping Hammer Fist Strike (Head) [BA]
3. Side Kick (Body)
/ Hook Kick (Head)
[Same Leg, BL]
– Back Kick (Head)
[Opposite Leg]

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| <p>4. Chokuzuki (Jodan)
 – Gyakuzuki (Chudan)
 – Surikomi Mawashigeri (Jodan)
 – Ushirogeri (Gedan (Kin))</p> | <p>4. Snap Punch (Head)
 – Reverse Punch (Body)
 – One Step Roundhouse Kick (Head)
 – Back Kick (Low (Groin))</p> |
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Traditional

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| <p>1. Tobikomizuki (Jodan)
 2. Nagashizuki (Jodan)</p> <p>1. Junzuki (Chudan)
 – Mawatte Jodan Uke
 2. Kette Junzuki (Chudan)
 – Mawatte Jodan Uke
 3. Junzuki No Tsukkomi (Jodan)
 – Mawatte Jodan Uke
 4. Kette Junzuki No Tsukkomi (Jodan)
 – Mawatte Jodan Uke
 5. Gyakuzuki (Chudan)
 – Mawatte Gedan Barai
 6. Kette Gyakuzuki (Chudan)
 – Mawatte Gedan Barai
 7. Gyakuzuki No Tsukkomi (Kin)
 – Mawatte Gedan Barai
 8. Kette Gyakuzuki No Tsukkomi (Kin)
 – Mawatte Gedan Barai</p> <p>1. Shuto Uke
 (Mahanmi Nekoashi Dachi)
 2. Moroto Uke
 (Mahanmi Nekoashi Dachi)</p> | <p>1. Sliding Snap Punch (Head)
 2. Sliding Twisting Snap Punch (Head)</p> <p>1. Lunge Punch (Body)
 – Turn Rising Head Block
 2. Kick Lunge Punch (Body)]
 – Turn Rising Head Block
 3. Leaning Lunge Punch (Head)
 – Turn Rising Head Block
 4. Kick Leaning Lunge Punch (Head)
 – Turn Rising Head Block
 5. Reverse Punch (Body)
 – Turn Downward Block
 6. Kick Reverse Punch (Body)
 – Turn Downward Block
 7. Leaning Reverse Punch (Groin)
 – Turn Downward Block
 8. Kick Leaning Reverse Punch (Groin)
 – Turn Downward Block</p> <p>1. Knife Hand Block
 (Side Cat Stance)
 2. Double Forearm Block
 (Side Cat Stance)</p> |
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Sanbon Gumite (Pairs)

- 1. Chudan Uchi Uke**
– Empi
- 2. Chudan Soto Uke**
– Maegeri
– Gyakuzuki
- 3. Jodan Uke Ipponme**
- 4. Jodan Uke Nihonme**
- 5. Jodan Uke Sanbonme**
- 6. Jodan Uke Yonhonme**

3 Step Fighting (Pairs)

- 1. Inside Body Block**
– Elbow Strike
 - 2. Outside Body Block**
– Front Kick
– Reverse Punch
 - 3. Head Block Number One**
 - 4. Head Block Number Two**
 - 5. Head Block Number Three**
 - 6. Head Block Number Four**
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Ohyo Gumite (Pairs)

- 1. Ohyo Gumite Ipponme**
- 2. Ohyo Gumite Nihonme**
- 3. Ohyo Gumite Sanbonme**

Semi Free Fighting (Pairs)

- 1. Semi Free Fighting One**
 - 2. Semi Free Fighting Two**
 - 3. Semi Free Fighting Three**
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Kihon (Yakusoku) Kumite

(Pairs)

1. Kihon Kumite Ipponme
2. Kihon Kumite Nihonme

Basic Sparring

(Pairs)

1. Basic Sparring One
 2. Basic Sparring Two
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Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku

Forms

1. Peaceful Mind Two
 2. Peaceful Mind One
 3. Peaceful Mind Three
 4. Peaceful Mind Four
 5. Peaceful Mind Five
 6. (Chinese Diplomat) / Viewing the Sky
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Jiyu Kumite

(Light Contact with Protective Equipment)

Goshin Jutsu (X 6)

Makiwara
(3 X 2 Minutes)

Sparring

(Light Contact with Protective Equipment)

Self Defence (X 6)

Pad Work
(3 X 2 Minutes)
