



## 4<sup>th</sup> Kyu Syllabus Purple/White Stripes

*Criteria: 24 Lessons to include minimum 1 Yudansha Class*

### Zenkutsu Dachi

Sanbon-zuki (jodan -chudan-chudan)  
Age Uke - Gyaku Zuki  
Soto Ude Uke - Empi - Uraken  
Uchi Ude Uke - kizami zuki - gyaku zuki

### Kokutsu Dachi

Shuto Uke - Nukite

### Zenkutsu Dachi

Mae Geri Mawashi Geri (Ren Geri)

### Kiba Dachi

Yoko Geri Keage  
Yoko Geri Kekomi

Kihon Ippon **Kumite** (Basic 1-step)

2 x Jodan  
2 x Chudan  
2 x Mae Geri  
1 x Yoko Geri  
1 x Mawashi Geri

**Kata: Heian Godan**

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