



PURPLE BELT GOING FOR – 4th KYU PURPLE BELT & 2 WHITE STRIPES

(Turn with combinations)

Sanbon Zuki -Zenkutsu Dachi-Forward, turn the same back

Uraken /Gyaku zuki /Gedan barai- Zenkutsu Dachi

Age Uke /Gyaku Zuki / Gedan Barai Zenkutsu Dachi

Soto Uke /Gyaku Zuki / Gedan Barai-Zenkutsu Dachi

Uchi Uke/Gyaku Zuki / Gedan Barai -Kokutsu Dachi /Zenkutsu Dachi

Shuto Uke/Nukite /Gedan Barai -Kokutsu Dachi /Zenkutsu Dachi

Yoko Geri Keage /Gyaku Zuki /Gedan Barai -Kiba Dachi /Zenkutsu Dachi /Kiba Dachi

Mae Geri /Mawashi geri -Zenkutsu Dachi- same leg, both kicks to front step forward

Mae Geri/ Kekomi -Zenkutsu Dachi- same leg, both kicks to front step forward

Kumite

Kihon Ippon kumite

Set 3 - Full Grade both sides no count – Hidari (left) & Migi (right) Intermediate grades Hidari only, migi on the 1st 3. All 5 attacks.

Plus any previous Kumite

Kata

Tekki Shodan Intermediate Grades – to count Full Grades - fast no count

Plus any previous Kata