



GREEN BELT GOING FOR – 5th KYU PURPLE BELT

(Turn with combinations, going forwards and stepping back)

Sanbon Zuki - Zenkutsu Dachi

Uraken /Gyaku zuki -Zenkutsu Dachi

Age Uke / Gyaku Zuki -Zenkutsu Dachi

Uchi Uke / Gyaku Zuki -Zenkutsu Dachi

Soto Uke / Gyaku Zuki -Zenkutsu Dachi

Shuto Uke / Nukite -Kokutsu Dachi / Zenkutsu Dachi

Mae Geri -Zenkutsu Dachi

Mawashi Geri -Zenkutsu Dachi

Yoko Geri Keage -Kiba Dachi

Yoko Geri Kekomi -Kiba Dachi

Kumite

Kihon Ippon kumite

Set 2 - Full Grade both sides no count – Hidari (left) & Migi (right) Intermediate grades Hidari only. 3 attacks only.

Plus any previous Kumite

Kata

Heian Yondan Intermediate Grades – to count Full Grades - fast no count

Plus any previous Kata