



Brown Belt with a White Stripe 4th Kyu



1- SONABA TSUKI & UCHI WAZA: (Punching & Striking Techniques on The Spot)

Shiko Dachi

Kihon Sonoba Uchi / Zuki – **1.1-** Jodan Uraken Uchi (Back Fist Strike to Head), **1.2-** Jodan Kagite Furiken Uchi (Swing Punch with a One Knuckle Fist using a Bent Index Finger to Head), **1.3-** Jodan Shuto Uchi (Knife Hand Strike to Head), **1.4-** Jodan Haito Uchi (Ridge Hand Strike to Head), **1.5-** Chudan Nukite (Spear Hand Thrust to the Body), **1.6-** Jodan Kagite Furiken Uchi Kaeshi Jodan Uraken Uchi Chudan Tateken Ipponken (Swing Punch with a One Knuckle Fist using a Bent Index Finger to Head, Back Fist Strike to Head Using the same Arm, Vertical One Knuckle Fist strike to Body), **1.7-** Jodan Shuto Nido Uchi Chudan Nukite (Two Knife Hand Strikes each side of the Neck using the same Hand, Spear Hand strike to the body)

2- SONABA NIDO KERI WAZA: (Double Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)

Nido Sonaba Geri – **2.1-** Sokugeri (Shin Kick Twice), **2.2-** Maegeri Keage Jodan (Front Thrust Kick to the Head Twice), **2.3-** Chudan Hizageri (Knee Strike to Body Twice), **2.4-** Jodan Ura Mawashigeri (Hook Kick to Head Twice)

3- KETTE / AYUMI ASHI KIHON: (Kick then techniques moving forward)

Kette / Junzuki Dachi (Forward Punching Stance) **3.1-** Chudan Zuki, **3.2-** Jodan Uke, **3.3-** Gedan Barai, **3.4-** Gaiwan Uke, **3.5-** Naiwan Uke (Moving Forwards, Kick / Body Punch, Blocking Upper, Lower, Middle) **3.6-** Kette Gyakuzuki (Kick / Forward Reverse Punch) **3.7-** Mahanmi Neko Ashi Dachi, Ayumi Ashi Kakete Uke, (Back Stance, Stepping Through Hook Hand Block) **3.8-** Ayumi Ashi Manji Uke, (Stepping Through Executing Jodan Gaiwan Uke with One Hand Gedan Barai with the Other Whilst Leaning Back)

4 - RENRAKU WAZA: (Combination Techniques)

Hanmi Gamae, (Fighting Stance), **4.1-** Ayumi Ashi Jodan Shuto Uke, Sonaba Maegeri Chudan, Gyaku Chudan Nukite. (Step through with a Knife Hand Block to the Face, Front Body Kick with the Front Leg, Reverse Spear Hand Attack to the Body.

Hanmi Gamae, (Fighting Stance), **4.2-** Ayumi Ashi Jodan Furiken Uchi, Kaiten Jodan Mawashi Empi, Okuri Ashi Chudan Gyakuzuki. (Step Through with a Swing Punch to the Head, Keep Rotating Into a Reverse Elbow Strike to the Temple, Followed by a Reverse Punch to the Body.

5 – TANTO DORI: (Knife Defence) GOSHIN HO (Self Defence) OYO WAZA (Pair Work)

5.1a- Ai No Te Dori, (Ukemi And Torimi both in Migi Shizentai, (Right Stance) Ukemi Grabs Torimi's Right Wrist with Right Hand. Must Incorporate a Kari Ate (Surprise Attack)

5.1b – Gyaku No Te Dori, (Ukemi And Torimi both in Migi Shizentai, (Right Stance) Ukemi Grabs Torimi's Left Wrist with Right Hand. Must Incorporate a Kari Ate (Surprise Attack)

6 - KATA: (Sequence of Techniques with Form)

6.1- Pinan Yondan and **6.2-** Pinan Godan

7 - JI YU KUMITE: (Free Fighting) Three Exchanges

8 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

9 - TAMESHIWARI: Break the Red Board



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NATIONALLY RECOGNISED

