

# To Achieve White/ Brown Belt 4<sup>th</sup> Kyu



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

Shiko Dachi/ (Horse Riding Stance), 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/ (Kick Twice), – **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 with a Kick), **3.1** - Kette Chudan Zuki/ (Kick/ Forward Punch) **3.2** - Kette Jodan Uke/(Kick/ High Block), **3.3** - Gedan Barai/(Kick/ Low Block), **3.4** - Gaiwan Uke/(Kick/ Outside Block), **3.5** - Naiwan Uke/ (Kick/ Inside Block), **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 Outside Block with One Hand Low Block 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 – GOSHIN HO/ TANTO DORI: (Self Defence/ Knife Defence)

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

**5.2a** - Gyaku No Te Dori, (Ukemi and Torimi both in Migi Shizentai, (Right Stance) **5.2b** - Ukemi Grabs Torimi's Left Wrist with Right Hand. Must Incorporate a Kari Ate (Surprise Attack) **5.3a** - Tanto Dori, Ukemi with Tanto Chudan and Jodan X3 (Attack with a Knife to the Body and Head) **5.3b** - Torimi (Any Defence X 3)

## 6 - KATA: (Sequence of Techniques with Form)

**6.1** - Pinan Yondan **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 Board (Red)

