



4th Kyu Syllabus

KIHON:

1.	SANBON TSUKI	x5	forwards
2.	AGE UKE, GYAKU TSUKI, URAKEN UCHI	x1	backwards
	SOTO UKE, YOKO EMPI, OTOSHI URAKEN, GYAKU TSUKI	x1	backwards
	UCHI UKE, KIZAME TSUKI, GYAKU TSUKI	x1	backwards
	GEDAN BARAI, URAKEN UCHI, GYAKU TSUKI	x1	backwards
	SHUTO UKE, MAE ASHI MAE GERI, NUKITE	x1	backwards
3.	repeat 1 starting right side		
4.	repeat 2 starting left side		
5.	MAE GERI, GYAKU TSUKI (hold punch position)	x4	turn & rpt.
6.	MAE ASHI MAE GERI chudan, MAE GERI jodan GYAKU TSUKI	x2	turn & rpt.
7.	from Yoi Kamae, YOKO GERI KEAGE	x4	
8.	from Yoi Kamae, YOKO GERI KEKOMI,	x4	
9.	MAWASHI GERI jodan, GYAKU TSUKI	x4	turn & rpt.
10.	MAE ASHI MAWASHI GERI ch, MAWASHI GERI jo, GYAKU TSUKI	x2	turn & rpt.
11.	USHIRO GERI, URAKEN UCHI	x4	turn & rpt.

KUMITE:

KIHON IPPON KUMITE –

Defending against 1 x Jodan Tsuki, 1 x Chudan Tsuki, 1 x Mae Geri, 1 x Yoko Geri, 1 x Mawashi Geri, 1 x Ushiro Geri attacks.

KATA:

HEIAN GODAN and TAIKYOKU ROKUDAN*

plus any previous lower kata of examiners choice

*(*miss out for juniors under 12)*