



Cadet 4th Kyu – Purple & White belt:

1. Sanbon Tsuki x 3 Mawatte & rpt
2. Age Uke, Gyaku Tsuki, x 3 Forward / Backwards
3. Soto Uke, empi uchi, Uraken, Gyaku Tsuki x 3 Forward / Backwards.
4. Uchi Uke, Kizame Tsuki, Gyaku Tsuki
5. Shuto Uke, front leg mae geri, nukite Forward / Backwards
6. Mae ren geri (changing legs) X 3 Mawatte & rpt
7. Mawashi geri chudan x 3 Mawatte x 3 Jodan
8. Yoko geri Keage X 3 Mawatte & rpt
9. Yoko geri kekomi X 3 Mawatte & rpt

KATA:

Heian Godan

Kumite:

Seme Waza: Oi Tsuki Jodan, Oi Tsuki chudan, Mae Geri Chudan, Yoko Geri Kekome

Uke Waza: Age Uke, Soto Uke, Uchi Uke, Gedan Barai with Gyaku Tsuki counters only

(Left side then right side start. Examiner to give first start command only)

