

4 KYU-BLUE BELT

KIHON

1. Oi-tsuki, zkd
2. Sanbon-tsuki, zkd
3. Age-uke/gyaku-tsuki/age-empi-uchi, zkd
4. Uchi-uke/kizami-tsuki/gyaku-tsuki/mae-geri, zkd
5. Soto-uke/yoko-empi-uchi/uraken-uchi, zkd/kbd/zkd
6. Shuto-uke/kizami-geri/gyaku-nukite/mae-geri/gyaku-tsuki, kkd/zkd
7. Mawashi-shuto-uchi/gyaku-haito-uchi, zkd
8. Mae-geri, zkd
9. Kizami-mae-geri/mae-geri/mae-geri/kizami-mae geri, zkd/hsd/zkd
10. Yoko-geri-keage, kbd
11. Yoko-geri-kekomi, kbd
12. Mawashi-geri, zkd
13. Ura-mawashi-geri, zkd
14. Ushiro-geri (back forward), zkd
15. Mawashi-geri/kaite, ushiro-geri, zkd/hsd/zkd
16. Shiho-gyaku-tsuki, zkd
17. Shiho-empi-uchi, zkd

KATA: Heian-GODAN

KUMITE: KIHON-IPPON-KUMITE:

TORI: Oi-tsuki jodan
 Oi-tsuki chudan
 Mae-geri chudan
 Mawashi-geri jodan
 Yoko-geri chudan
 Ushiro-geri

UKE: Kontr.Uchi, geri

Zkd-Zenkutsu-dachi
 Kkd-Kokutsu-dachi
 Kbd-Kiba-dachi
 Hsd-Heisoku-dachi

