



4th Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai in Zenkutsu Dachi:

1. Chudan Oi Tsuki x 5 Forward Steps
2. Jodan Age Uke, Gyaku Tsuki (Block & Counter) x 5 Backward Steps
3. Chudan Soto Uke, Gyaku Tsuki (Block & Counter) x 5 Forward Steps

From Shuto Uke in Kokutsu Dachi:

4. Shuto Uke x 5 Backward Steps

From Gedan Barai in Zenkutsu Dachi:

5. Gedan Barai, Chudan Uchi Uke in Nekoashi Dachi (Cat Stance), Gyaku Tsuki in Zenkutsu Dachi x 5 Forward Steps

Mawatte Gedan Barai in Zenkutsu Dachi:

6. Mae Geri, Oi Tsuki x 5 Forward Steps

Mawatte Gedan Barai in Zenkutsu Dachi.
From Jiyu-no-kamae:

7. Mawashi Geri x 5 Forward Steps

Mawatte Kiba Dachi:

8. Yoko Geri Keage x 3 Side Steps & Return
9. Yoko Geri Kekomi x 3 Side Steps & Return

Mawatte Gedan Barai in Zenkutsu Dachi:

10. Uraken (Back Fist Strike), Gyaku Tsuki x 5 Turning Steps

Kata

Heian Godan

Kumite

Kihon Ippon Kumite
(Jodan, Chudan, Mae Geri, Yoko Geri
Kekomi, Mawashi Geri)

Minimum Requirements

3 months & 24 lessons.

The Examiners

Examiners are looking for the appropriate degree of strength and sharpness of execution in each technique (Kion, Kata and Kumite)