

## 4th Kyu – Green Belt

Before attempting this grading, suggested number of training sessions for students: 50 sessions for adults, and 70 sessions for juniors, since their last examination.

Require ability over 5th kyu level in every point (see 5th kyu instructions).

Tach kata and basic techniques must be good.

Grading Fee: \$35.00 (must be paid in full before the grading date)

<u>Kihon Waza</u>	<u>(Basic Techniques)</u>
Kiba-zuki chudan	Horse stance and punch- stomach
Kiba-zuki jodan	Horse stance and punch- face
Gyaku-zuki, Uke	Reverse punch (1 face, 2 stomach, 3 stomach) and block (1 rising block, 2 outside block, 3 inside block)
Mae-geri	Front Kick
Yoko-geri Keage (Heisoku-dachi)	Side snap kick (closed feet stance)
Yoko-geri Kekomi from Zenkutsu dachi	Side thrust kick from front stance
Mawashi -geri	Round house kick
Kokutsu-dachi Shuto-uke, Zenkutsu-dachi Nukite	Back stance knife hand block - change to forward stance, spear hand thrust
<u>Ido Kihon Waza</u>	<u>(Basic Moving Techniques)</u>
Oi-zuki, to sono-uke, gyaku-zuki	Moving forward lunge punch; going back, block and reverse punch
Jodan-chudan niren zuki to sono-uke, gyaku-zuki	Face and stomach punch; going back, block and reverse punch
Sanren Zuki Zenshin to Sono Uke Gyakuzuki	Moving forward 3 punches - going back block and reverse punch
Mae-geri to sono-uke, gyaku-zuki	Moving forward front kick; going back, block and reverse punch
Mae geri, Gyaku zuki to sono kodan	Front Kick, reverse punch, going back, blocks and reverse punch
Mae-geri, jodan-zuki to sono-uke, gyaku-zuki	Front kick, face punch; going back, block and reverse punch
Mae-gen, jodan-chudan zuki to sono-uke, gyaku-zuki	Front kick, face + stomach punch; going back, blocks and reverse punch
Kiba-dachi, Yori ashi, Yoko-geri, keage	Horse stance, feet together Side snap kick
Kiba-dachi Kosa, Yoko-geri Kekomi	Horse stance - feet cross in front, side thrust kick
Mawashi-geri to Sono Uke Gyakuzuki	Round house kick; going back, block and reverse punch
Kokutsu-dachi-Shuto-uke, nukite	Back stance knife hand block , spear hand thrust
Oi-gyaku-oi-zuki to sono kodan	fake+ lunge punch-jodan, reverse punch chuden, fake+ lunge punch-jodan (from free stance); <b>add proper blocks and reverse punch - do both sides</b>
Chudan-mae geri, jodan mae-geri, gyaku zuki to sono kodan	Front kick stomach, Front kick face, reverse punch; going back, blocks and reverse punch
Mae geri, mawashi geri, gyakuzuki to sono kodan	Front kick, Round house kick, reverse punch; going back, blocks and reverse punch <b>do both sides</b>
Mae geri, yoko geri, gyakuzuki to sono kodan	Front kick, Side thrust kick, reverse punch; going back, blocks and reverse punch <b>do both sides</b>
Zenshin, yori ashi, to Neko ash dachi, mae geri (front leg), retract to zenshin	Fighting position, shift forward to cat stance, front leg front kick, back to fighting position
<u>Kata</u>	
Heian Godan ( <b>with Bunkai</b> )	
Kumite	
Kihon Ippon Kumite	One-step attack add round house kick + side thrust kick Other side block, reverse punch
Jiyu Ippon Kumite	
Shiai Kumite	
<u>Ukemi</u>	from standing, back, left, right, front breakfall, front shoulder roll, from standing-both sides (improved from 5th kyu)
<u>Throws</u>	Reaping, Hip, Shoulder, <b>Neck Throws</b> + Break falls, <b>add komanage, Yaridama</b>