

PURPLE WHITE STRIPE BELT ATTEMPTING 3rd KYU – BROWN BELT

KIHON

TECHNIQUE	PROCEDURE	NO.
1. Mae Geri Sanbon Zuki (front snap kick / three punches)	Forward turn the same back	5
2. Age Uke / Gyaku Zuki / Gedan Barai (upper rising block / reverse punch / downward block)	Forward and stepping back	5
3. Soto Ude Uke / Gyaku Zuki / Gedan Barai (outside block / reverse punch / downward block)	Forward and stepping back	5
4. Uchi Uke/Gyaku Zuki / Gedan Barai (inside block / reverse punch / downward block)	Forward and stepping back	5
5. Shuto Uke / Nukite / Shuto Uke (knifehand block / spearhand strike / knifehand block)	Forward and stepping back	5
6. Gedan Barai / Gyaku Zuki / Gedan Barai (downward block / reverse punch / downward block)	Forward and stepping back	5
7. Uraken / Gyaku Zuki / Gedan Barai (back fist strike / reverse punch / downward block)	Forward and stepping back	5
8. Mae Geri / Mawashi Geri – Ren Geri (front snap kick / roundhouse kick)	Forward turn the same back	5
9. Mae Geri / Kekomi – Ren Geri (front snap kick / side thrust kick)	Forward turn the same back	5
10. Yoko Geri Keage (side snap kick)	Forward turn the same back	5
Following combination from Jiyu Dachi Stance		
11. Mae Geri / Uraken / Gyaku Zuki (front snap kick / back fist strike / reverse punch)	Forward turn the same back	5

KUMITE

Kihon Ippon Kumite – Set 2 – jodan / chudan / mae geri / kekomi / mawashi geri

Intermediate grade 1 side only to count

Full Grade and Seniors both sides no count

KATA

Heian Yondan (see pages 122 – 130)

Senior and full grades – no count (full Kata)

Junior intermediate grades – to count up to first Kiai (half Kata)

Plus previous Kata: Taikyoku Shodan / Heian Shodan / Heian Nidan / Heian Sandan