



# Physical Requirements

## 4<sup>th</sup> Kyu, Second Purple Belt

### KIHON (Basics)

#### Blocks & Punches

	<b>New</b>
Oi zuki (Lunge punch)	
Gyaku zuki (Reverse punch)	Kage zuki (Hook punch)
Gedan uke (Down block)	Ura zuki (Close quarter punch)
Jodan age uke (Rising block)	Nami ashi (Inside leg block)
Chudan soto ude uke (Outside block)	Sokumen uke (Side block)
Chudan uchi ude uke (Inside block)	Morote zuki (Augmented punch)
Shuto ude uke; kokutsu dachi (Knife hand block; back stance)	
Morote uke (Augmented block)	
Oi gyaku zuki (Lunging reverse punch)	
Juji uke (X block)	
Kakiwake uke (Spreading block)	
Haiwan uke (Back of arm block)	
Haishu uke (Backhand block)	
Tsuki age (Punching block)	
Nagashi uke (Sweeping block)	
Manji uke (Down block; upper inside block)	

#### Strikes

	<b>New</b>
Tettsui uchi (Hammer strike)	
Yoko empi uchi (Side elbow strike)	Sokumen empi uchi (Side elbow strike)
Uraken uchi (Back knuckle strike)	
Shihon nukite (Spear hand thrust)	
Mae empi uchi (Forward elbow strike)	
Hiza uchi (Head strike)	
Hitsu uchi (Knee strike)	

#### Kicks

Mae geri keage (Front snap kick)
Yoko geri keage (Side snap kick)
Yoko geri keage; kibandachi (Side snap kick; straddle stance)
Ushiro geri kekomi (Back thrust kick)

Mae geri kekomi (Front thrust kick)
Yoko geri kekomi (Side thrust kick)
Yoko geri kekomi; kidadachi (Side thrust kick; straddle stance)
Mawashi geri (Round kick)
Fumikomi geri (Stomping kick)
Mae geri keage, mae geri kekomi ashi okite (Alternating legs)
Mae geri keage, mawashi geri ashi okite
Mae geri keage, yoko geri kekomi ashi okite
Mawashi geri, ushiro geri ashi okite
Yoko geri keage, yoko geri kekomi; kidadachi ashi okite
Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri ashi okite
Mikazuki geri (Crescent kick)

## **AWASE WAZA (Combined Techniques)**

### **Formal Stance Combinations**

Mae geri keage to oi zuki (Front snap kick to lunge punch)
Gyaku zuki to mae geri keage (Reverse punch to front snap kick)
Soto uke to yoko empi uchi (Outside block to side elbow strike)
Shuto uke to mae geri keage to shihon nukite (Knife hand block to front snap kick to spear hand thrust)
Uke to gyaku zuki (Any block to reverse punch)
Ren zuki (Double punch)
San zuki (Triple punch)
Uke to ni gyaku zuki (Any block to double punch)
Kata combinations

### **Fighting Stance Combinations (Fudo Dachi)**

Kizami zuki (Jab)
Gyaku zuki (Reverse punch)
Kizami zuki to gyaku zuki (Jab to reverse punch)
Kizami zuki to step up mae geri keage (Jab to step up front snap kick)
Kizami zuki to step up mawashi geri (Jab to step up round kick)
Oi zuki, kizami zuki to gyaku zuki (Lunge punch to jab to reverse punch)
Kizami zuki to oi zuki to gyaku zuki (Jab to lunge punch to reverse punch)
Mae geri keage to oi zuki to gyaku zuki (Front snap kick to lunge punch to reverse punch)
Oi gyaku zuki to gyaku zuki to mae geri keage (Lunging reverse punch to reverse punch to front snap kick)

## **KATA (Forms)**

Heian Shodan (Peaceful Mind 1)	<b>New</b>
Heian Nidan (Peaceful Mind 2)	Tekki Shodan (Iron Warrior 1)
Heian Sandan (Peaceful Mind 3)	
Heian Yodan (Peaceful Mind 4)	
Heian Godan (Peaceful Mind 5)	

## **KUMITE (Sparring)**

### **Individual Sparring**

Gohon kumite (Five-step sparring)
Sambon kumite (Three-step sparring)
Tournament freestyle

### **Contact Self-Defense Techniques**

Eight techniques + two impromptu
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TEST FEE = \$40