



4th Kyu

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette – Junzuki	Kick (body, below & in-line with fist), straight punch (body)
2	Kette – Gyakuzuki	Kick (body, below & in-line with fist), opposite punch (body)
3	Kette – Junzuki No Tsukkomi	Kick (body, below & in-line with fist), extended straight punch (face)
4	Kette – Gyakuzuki No Tsukkomi	Kick (body, below & in-line with fist) extended opposite punch (lower body)
5	Nagashizuki Jodan	Gliding snap punch (face) & cross-counter
6	Mawashi-geri Jodan	Roundhouse kick (head)
7	Ushiro-geri Jodan	Reverse Maegeri kick (head)
8	Sokuto Jodan	Stamping side kick (head)
No	RENRAKU WAZA	COMBINATION TECHNIQUES
1	Mae-geri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan	Front kick (body), Gliding snap punch (face) & cross-counter, opposite punch (body)
2	Surikomi Mae-geri Chudan Nagashizuki Jodan, Mawashi-geri Jodan	One step front kick (body), Gliding snap punch (face) & cross-counter, Roundhouse kick (head)
3	Mae-geri Chudan, Sokuto Chudan, Ushiro-geri Jodan, Gyakuzuki Chudan	Front kick (body), stamping side kick (body), reverse Maegeri (head), opposite punch (body)

No	UKE WAZA SANBON GUMITE	PARTNER TECHNIQUES
1	Jodan Uke – Gohonme, Ropponme	Head blocks – 5, 6
2	Mae-geri Uke – Gohonme, Ropponme	Kick blocks – 5, 6
No	OHYO GUMITE	SEMI-FREE FIGHTING
1	Nihonme	Semi-free sparring number 2
2	Yonhonme	Semi-free sparring number 4
No	KATA	FORM
1	Pinan Yodan	Pinan Yodan
2	Pinan Godan	Pinan Godan
3	Any Uke's, Ohyo's, Kihon's or Kata's from previous Gradings	Any Uke's, Ohyo's, Kihon's or Kata's from previous Gradings
No	JIYU KUMITE	FREE FIGHTING