

Fourth Kyu (Purple Belt)

Kihon Waza

Kette Junzuki
Kette Gyakuzuki
Nagashizuki
Shuto Uke
Maegeri Chudan
Mawashigeri Chudan
Sokuto Chudan
Ushirogeri Chudan

Renkei Waza

Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan
Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Uraken Jodan

Ippon Kumite

Jodan Uke Ipponme and Yonhonme
Chudan Uke Ipponme and Yonhonme
Maegeri Uke Gohonme and Ropponme

Ohyo Kumite

Ohyo Sanbonme

Kata

Pinan Yodan
Pinan Godan

Ji Yu Kumite

Free Fighting