**Fourth Kyu – Purple Belt**

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**BASICS**

**KIHON WAZA - Basic techniques**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Nagashizuki
4. Shuto Uke
5. Maegeri Chudan
6. Mawashigeri Chudan
7. Sokuto Chudan
8. Ushirogeri Chudan

**RENKEI WAZA - Combination techniques**

1. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan
2. Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Uraken Jodan

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke - Ipponme & Yonhonme
2. Chudan Uke - Ipponme & Yonhonme
3. Maegeri Uke – Gohonme & Ropponme

**OHYO KUMITE – Semi-free fighting**

1. Sanbonme

**KATA**

Pinan Yodan, Pinan Godan, Pinan Shodan

**JI YU KUMITE**