

4th Kyu

Zen Kutsu Dachi Move forwards cross block at low level then high level. Move backwards and repeat to next count.

Zen Kutsu Dachi Nukete Uchi, back into Neko Ashi Dachi, Kin Geri. Continue forwards.

Yoi Dachi into Zen Kutsu Dachi Double Shuto Uchi to the side, into Shiko Dachi Tetsui Uchi, back to Yoi on command.

Zen Kutsu Dachi Mae Geri land in Yoi, Yoko Geri, Land forward. Repeat on other side.

Zen Kutsu Dachi Ushiro Geri land back.

Combination 5A

Combination 5B

Padwork Mawashi Geri

Padwork Project Maekin Tsuki, Gyaku Tsuki

Padwork Hiza Geri

Partnerwork. Attack Face Punch, defend & counter punch

Partnerwork. Attack Mae geri, defend with Gedan Bari & counter with Uraken Uchi

Pinan Shodan(X 3 marks)

Random past kata (X 3 marks)

Kumite

Pass marks 57