

# KOFUKAN SHITO-RYU KARATE

# JUNIOR

## 4<sup>th</sup> MON KYU – PURPLE BELT WHITE STRIPE

### REVISION OF BASICS FROM PREVIOUS GRADINGS:

<b>PUNCHES:</b>	○ Tateken Zuki	<i>Vertical front fist Punch</i>
<b>STRIKES:</b>	○ Shohte Uchi	<i>Palm Heel strike</i>
	○ Haishu Uchi	<i>Back of hand strike</i>
<b>BLOCKS:</b>	○ Uchi Harai Uke	<i>Inward Sweeping / Forearm block</i>
	○ Sukui Uke	<i>Scooping block</i>
	○ Ninoude Uke	<i>Upper arm Block</i>
	○ Ko Uke	<i>Wrist Block</i>
<b>KICKS:</b>	○ Sokotoh Geri	<i>Foot Edge side snap kick</i>
	○ Kansetsu Geri	<i>Knee joint kick</i>
	○ Nidan Geri	<i>Double Jumping kick</i>
<b>SWEEPS:</b>	○ Hikkake Ashibarai	<i>Hooking foot sweep</i>

### FIGHTING COMBINATION:

- #4 *Move left foot slightly to the right, step right foot forward behind the Left foot (kosa dachi), left jodan ura uchi, left chudan yoko geri, right Chudan gyakuzuki, / pivot clockwise, right chudan ushiro geri, right Jodan ura uchi, left chudan gyakuzuki*

**KATA:** Pin'an Sandan

**PARTNER WORK:** Hokei Kumite - Sandan

**KUMITE:** Jiyu Kumite x4