

KOFUKAN SHITO-RYU KARATE

JUNIOR

4th KYU – PURPLE BELT

REVISION OF BASICS FROM PREVIOUS GRADINGS:

PUNCHES:	○ Tateken Zuki	<i>Vertical front fist jab</i>
STRIKES:	○ Shohte Uchi	<i>Palm Heel strike</i>
	○ Haishu Uchi	<i>Back of hand strike</i>
BLOCKS:	○ 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>
KICKS:	○ Sokotoh Geri	<i>Side snap kick with the blade of the foot</i>
	○ Kansetsu Geri	<i>Knee joint kick</i>
	○ Nidan Geri	<i>Double Jumping kick</i>
SWEEPS:	○ Hikkake Ashibarai	<i>Hooking foot sweep</i>

FIGHTING COMBINATION:

- #5 *Right jodan tobikomizuki, left kaeshi, left chudan kosa-mae geri, left Jodan maeken zuki / right chudan mawashi geri, right hooking Ashibarai, left chudan gyakuzuki*

KATA: Tensho

KUMITE: Jiyu Kumite x4