

KOFUKAN SHITO-RYU KARATE

SENIOR

4th KYU – PURPLE BELT

REVISION OF BASICS FROM PREVIOUS GRADINGS:

PUNCHES:	○ Tateken Zuki	<i>Vertical front fist Punch</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>Foot Edge side snap kick</i>
	○ Kansetsu Geri	<i>Knee joint kick</i>
	○ Nidan Geri	<i>Double Jumping kick</i>
SWEEPS:	○ Hikkake Ashibarai	<i>Hooking foot sweep</i>

FIGHTING COMBINATIONS:

- #5 *Right Jodan Tobikomi Zuki, left Kaeshi, left Chudan Kohsa-Mae Geri, left Jodan Maeken Zuki / right Chudan Mawashi Geri, right hooking Ashibarai, (Hikkake), left Chudan Gyaku Zuki*
- #6 *Tsugiashi, left flick Mawashi Geri (Gedan-Jodan), right Chudan Gyaku Zuki / left Jodan Ura Mawashi Geri, pivot clockwise, right Jodan Ushiro Mawashi Geri, left Chudan Gyaku Zuki*

KATA: Pin'an Sandan
Tensho

PARTNER WORK: Hokei Kumite - Sandan

KUMITE: Jiyu Kumite x3