



Karate-do Yushin-juku

空 手 道 優 心 塾

4th Kyu (Purple Belt) Requirements

Eligibility: Minimum 10 class attendances after obtaining the 5th kyu

KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan uraken-uchi → Chudan gyaku-zuki (*4-times*)
Step-in: Upper back-fist strike, Middle reverse-punch
- Koshin:** Age-uke → Mae-geri → Chudan gyaku-zuki (*4-times*)
Step-back: Rising-block, Back-leg front-kick, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Uraken-uchi → Chudan gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Back-fist attack, Middle reverse-punch
- Koshin:** Chudan uchi-uke → Uraken-uchi → Chudan gyaku-zuki (*4-times*)
Step-back: Middle inside-block, Back-fist attack, Middle reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki (*4-times*)
Step-in: Middle outside-block, Horse-stance elbow strike, Backfist strike, Front-stance middle reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite (*4-times*)
Step-back: Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack
- Zenshin:** Mae-geri → Gyaku-zuki (*4-times*)
Step-in: Front-kick, Middle reverse-punch
- Zenshin:** Mawashi-geri → Gyaku-zuki (*4-times*)
Step-in: Roundhouse-kick, Middle reverse-punch
- Zenshin:** Yoko-keage → Gyaku-zuki (*4-times*)
Step-in: Side-snap kick, Middle reverse-punch
- Zenshin:** Yoko-kekomi → Gyaku-zuki (*4-times*)
Step-in: Side-thrust kick, Middle reverse-punch
- Zenshin:** Ushiro-geri (*4-times, Turn & repeat*)
Step-in: Back kick

KATA (*Form*)

Tekki Ni-dan (*"Iron Horse #2"*)

Tekki San-dan (*"Iron Horse #3"*)

KIHON IPPON-KUMITE (*Basic 1-step Sparring*)

Jodan-zuki (*face-punch*)

Mae-geri (*front-kick*)

Yoko-kekomi (*side-thrust kick*)

Mawashi-geri (*roundhouse kick*)

Ushiro-geri (*back kick*)