

## Red Belt 4<sup>th</sup> Kyu

*Note: Students will be tested on previous material in addition to the following:*

### Stances

1. Neko-Ashi-Dachi
2. Kiba Dachi

### Punches and Strikes

1. Tate-Tsuki (Jodan, Chudan, Gedan)
2. Shita-Tsuki (Chudan)
3. Jun-Tsuki (Jodan, Chudan, Gedan)

### Blocks

1. Seiken-Morote-Chudan-Uchi-Uke
2. Seiken-Chudan-Uchi-Uke-Gedan-Barai

### Kicks

1. Mae-Geri-Jodan-Chusoku
2. Mae-Kakato-Geri (Jodan, Chudan, Gedan)
3. Mae-Ago-Jodan-Geri (Jodan)

### Kata

1. Taikyoku-Sono-Ni
2. Taikyoku-Sono-San

### Renraku

1. Half step Seiken-Jodan-Oi-Tsuki, half step Uraken-Ganmen-Uchi-Seiken-Chudan-Gyaku-Tsuki
2. Half step Seiken-Jodan-Oi-Tsuki, Seiken-Jodan-Gyaku swing punch, Seiken-Jodan-Oi-Tsuki
3. Leg block Seiken Oi Tsuki, Seiken-Chudan-Gyaku-Tsuki, Mae-Geri-Chudan-Chusoku
4. Half step Seiken-Jodan-Oi Tsuki, Seiken-Jodan-Oi-Tsuki, Seiken-Chudan-Gyaku-Tsuki, Chudan-Yoko-Geri
5. Half step Seiken-Ago-Uchi
6. One step Mae-Geri-Chudan-Chusoku
7. One step Chudan-Mawashi-Geri
8. One step Chudan-Kakato-Geri
9. One step Chudan-Yoko-Geri
10. Chudan-Mawashi-Geri-Jodan-Mawashi-Geri (Heisoku)
11. Hiza-Ganmen-Geri, Gyaku-Hiza-Ganmen-Geri
12. Hiza-Ganmen-Geri, Kin-Geri

## **Conditioning**

1. 10 push ups on fingers
2. 10 push ups on knuckles
3. 30 stomach crunches with legs in the air
4. 40 squats

*Note: Children under 16 years are not expected to perform push ups on knuckles or fingers.*

## **Self Defence**

Self defence to be arranged by the instructor, including knife defences.

## **Fighting**

*5 x two-minute fights*

1. 2 x hands and feet
2. 1 x hands only
3. 1 x feet only
4. 1 x handicap