



Adelaide Academy of Combat & Defence

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Shotokan Karate-Do

4th Kyu (Purple Belt, White Stripe)

1) Heian Shodan

KIHON TSUKI

2) Move F 5x, Oi-tsuki Chudan

3) Move F 5x, Oi-tsuki Jodan

4) Move F 5x, Sambon-tsuki.

UKE

5) Move F/B 5x, Gedan-berai, Uraiken, Gyaku-tsuki, Gedan-berai.

6) Move F/B 5x, Age-uke, Uraiken, Gyaku-tsuki, Gedan-berai.

7) Move F/B 5x, Soto-ude-uke, Empi, Yoko-geri, Uraiken, Gyaku-tsuki, Gedan-berai.

8) Move F/B 5x, Uchi-ude-uke. Uchi-ude-uke, Kizama-tsuki, Gyaku-tsuki, Gedan-berai.

9) Move F/B 5x, Shuto-uke, Mae-geri, Nukite, Shuto-uke.

GERI

10) Move F 5x, Mae-geri chudan, Oi-tsuki.

11) Move F 5x, Mae-geri Jodan, Oi-tsuki.

12) Move F 5x, Mawashi-geri, Uraiken, Gyaku-tsuki.

13) Move F 5x, L/R Yoko-geri keagi.

14) Move F 5x, L/R Yoko-geri kekomi.

KATA

15) Kata of choice. Not Heian Shodan or Heian Godan.

16) Bunkai of Heian Sandan.

KUMITE

17) GOHON KUMITE

5x Jodan attack

5x Chudan attack

5x Mae-geri attack

18) IPPON KUMITE (left and right stances)

3x Jodan attack

3x Chudan attack

3x Mae-geri attack

3x Mawashi-geri attack

KATA

19) Heian Godan.

Pass(25) Good (34) Exe (46)