

4th Kyu Green Belt

Minimum 24-30 months consistent training to qualify

GENERAL KNOWLEDGE

Written Examination: About Karate-Do

Begin assistant teaching in the Dojo

Tournament Participation since beginning of Kyokushin Karate

FITNESS

Knuckle push-ups 40

Five finger push-ups 20

Three finger push-ups 10

Crunches 30x 5

Squats 150

Jumping Squats 30

Handstand against wall for 1 minute

TACHIKATA (Stances)

All previous stances moving forward and backward with speed, power and balance

UKE-WAZA (Blocks)

Koken Chudan Uchi Uke / Koken Chudan Jodan Uke / Shuto Gedan Barai

TZUKI & UCHI WAZA (Thrusts & Strikes)

Gedan Haito Uchi, / Hiji Chudan Ushirio Ate,

KERI WAZA (Kicks)

Haisoko Mae Mawashi Geri / Tobi Ushirio Geri

IDO GEIKO (Moving Basics)

All required Trusts, Strikes, Shuto and Kicks in Zenkutsu Dachi / Kokutsu Dachi / Kamae Dachi/ Enoji Dachi /Sanchin Dachi / Kiba Dachi

RENRAKU

1) Zenkutsu Dachi: Yohon Uke, Nihon Seiken Chudan Tsuki

2) Zenkutsu Dachi: Seiken Chudan Tsuki, Nekoashi Dachi: Shotei Gedan Uke, Koken Uke, -Shuto Uke.

3) Kamae Dachi: Seiken Oi and Giyaku Tsuki, Oi Shita Tsuki, Hiza Geri (switch), Ushirio Mawashi Geri

KATA

Peenan Sono Ni Ura

Peenan Sono Go, Tsukino Kata

Kata Bunkai (applications)

Peenan Sono Go

GOSHIN JITSU (self-defence)

TAMASHIWARI

Shuto and Seiken 1-2 Boards each

KUMITE: 7 Rounds

