



PURPLE BELT & 2 WHITE STRIPES GOING FOR – 3RD KYU BROWN BELT

(Turn with combinations)

Sanbon Zuki -Zenkutsu Dachi

Uraken /Gyaku zuki /Gedan Barai- Zenkutsu Dachi

Age Uke /Gyaku Zuki / Gedan Barai -Zenkutsu Dachi

Soto Uke /Gyaku Zuki /Gedan Barai -Zenkutsu Dachi

Uchi Uke/Gyaku Zuki/Gedan Barai -Zenkutsu Dachi

Shuto Uke/Nukite /Gedan Barai -Kokutsu Dachi /Zenkutsu Dachi

Yoko Geri Keage /Gyaku Zuki /Gedan Barai -Kiba Dachi /Zenkutsu Dachi / Kiba Dachi

Mae Geri /Mawashi Geri -Zenkutsu Dachi- same leg, both kicks to front, step forward

Mae Geri/ kekomi -Zenkutsu Dachi- same leg, both kicks to front, step forward

Kumite

Kihon Ippon kumite

Set 2 - Full Grade both sides no count – Hidari (left) & Migi (right) Intermediate grades Hidari only, migi on the 1st 3. All 5 attacks.

Plus any previous Kumite

Kata

Heian Godan Intermediate Grades – to count Full Grades - fast no count

Plus any previous Kata