



GREEN BELT (4th kyu)

SYLLABUS & TRANSLATION SHEET

DACHI/DACH

KAKE DACH

STANCE

Saddle stance

TSUKI / SKI

AGO SKI

KAKE SKI

PUNCH

Upper cut to chudan/jodan

Hook punch

UCHI

AGO EMPI

OROSHI EMPI

MAWASHI EMPI

URA MAWASHI EMPI

STRIKE

Rising elbow strike

Descending elbow strike

Roundhouse elbow strike

Reverse roundhouse
elbow strike

GERI

KAKATO GERI

UDE SOTO

MAWASHI GERI

UDE UCHI

MAWASHI GERI

USHIRO GERI

KICK

Heel kick to chin

Inner crescent kick

Outer crescent kick

Back kick (using heel)

KNEE SNAPPING KICKS

YOKO GERI FUMIKOMI Side stamping kick

KANSETSU GERI Stomping knee joint kick
(using sole of foot)

IPPON KUMITE

IPPON KUMITE SHO

ONE STEP SPARRING

Defence and counter of:

- 3 punches left
(jodan, chudan, gedan)

- 3 punches right
(jodan, chudan, gedan)

KATA

ASHIITA SAN

FORMAL PATTERN

All katas should be
announced before
performing them

ADDITIONAL REQUIREMENTS

DEFENCE AGAINST 2 single lapel grabs
2 double lapel grabs

STAMINA ASSESSMENT 10 one-handed push ups
(left and right side)

15 crunch sit ups
counting aloud in Japanese