



## PURPLE BELT (2nd kyu)

### SYLLABUS & TRANSLATION SHEET

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#### **UCHI**

CHUKO SHUTO

HAITO

SHOTEI

#### **STRIKE**

Knife edge hand to breast strike

Inner ridge hand strike

Palm heel strike

#### **IPPON KUMITE**

IPPON KUMITE SAN

#### **ONE STEP SPARRING**

Defence and counter of:

- 5 punches using one put down technique

- 5 kicks using one put down technique

#### **GERI**

USHIRO MAWASHI

OROSHI GERI

ASHI-BARAI

#### **KICK**

Spinning back kick

Axe kick

Leg sweeping technique (students choice)

#### **KATA**

ASHIITA GO

#### **FORMAL PATTERN**

All katas should be announced before performing them

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