

# Purple Belt - 4<sup>th</sup> Kyu

With 2 white stripes

Technique	Stance	No.	Additional information
<b>Kihon (Basics)</b>			
Sanbon-Zuki	Zenkutsu-Dachi	5	Stepping forward, turn, Mae Geri/Sanbon Zuki
Age-Uke/Mae-Geri/ Gyaku-Zuki/Gedan-Barai	Zenkutsu-Dachi	5	Stepping forwards and backwards
Soto-Ude-Uke/ Yoko-Empi-Uchi/ Jodan-Uraken-Uchi/ Chudan-Gyaku-Zuki/ Gedan Barai	Zenkutsu-Dachi Kiba-Dachi Kiba-Dachi Zenkutsu-Dachi Zenkutsu-Dachi	5	Stepping forwards and backwards
Uchi-Ude-Uke/ Kizami-Zuki/Gyaku- Zuki/Gedan-Barai	Kokustu-Dachi Zenkutsu-Dachi Zenkutsu-Dachi	5	Stepping forwards and backwards
Shuto-Uke/ Mae-Kizami-Geri/ Nukite	Kokustu-Dachi Zenkutsu-Dachi	5	Stepping forward and backwards
Mae-Geri/Mawashi- Geri/Jodan-Uraken- Uchi/Chudan-Gyaku- Zuki/Gedan-Barai	Zenkustu-Dachi	3	Turn, same back
Mae-Geri/Yoko-Geri- Kekomi/Jodan-Shuto- Uchi/Chudan-Gyaku- Zuki/Gedean-Barai	Zenkustu-Dachi	3	Turn, same back
Yoko-Geri-Keage/ Chudan-Gyaku-Zuki/ Gedean-Barai	Kiba-Dachi Zenkustu-Dachi Kiba-Dachi	3	Turn, same back
<b>Kumite (Sparring)</b>	Kihon-Ippon-Kumite		Set 4 Attack Jodan, Chudan, Mae- Geri, Kekomi and Mawashi-Geri both sides
<b>Kata (Formal-exercise)</b>	Heian Godan		Plus any previous Kata