4TH Kyu – Purple Belt Requirements
(Test in English)

**KIHON (Basics)**

**Hand Techniques** – Moving forward & backward

*Step back w/ right leg, down block FRONT STANCE*

5 times NO count:

A) BACKFIST STRIKE FACE & REVERSE PUNCH STOMACH
B) RISING BLOCK & REVERSE PUNCH STOMACH
C) OUTSIDE STOMACH BLOCK (FWD. STANCE), ELBOW (HORSE) & BACKFIST FACE (HORSE)
D) INSIDE STOMACH BLOCK, JAB FACE & REVERSE PUNCH STOMACH
E) DOWN BLOCK & REVERSE PUNCH FACE
F) KIFEHAND BLOCK & SPEAR-HAND HAND THRUST

**Kicking Techniques**

*Step back w/ right leg, down block into FRONT STANCE*

5 times NO count:

A) FRONT SNAP KICK *(Stomach Level – Turn – Face Level)*
B) FRONT THRUST KICK *(Stomach Level – Turn – Face Level)*
C) ROUNDHOUSE KICK *(Stomach Level – Turn – Face Level)*
D) SIDE SNAP KICK *(Stomach Level – Turn – Face Level)*
E) SIDE THRUST KICK *(Stomach Level – Turn – Face Level)*

*Step back w/ right leg, down block into FRONT STANCE*

3 sets NO count:

F) DOUBLE FRONT SNAP KICK (Stomach, Face)
G) DOUBLE FRONT THRUST KICK (Stomach, Face)
H) *(A TEST)* DOUBLE FRONT KICK – SNAP KICK STOMACH & THRUST KICK FACE

6 times NO count:

I) *(A TEST)* CRESCENT KICK BLOCK STOMACH

**KATA (Forms)**

A) Heian Shodan to Yondan *(Random Review with Bunkai)*
B) Heian Godan “Peaceful Mind #5”

**KUMITE (Sparring)**

Free 1-step Prearranged Sparring *(Jyu Ippon Kumite)* – RIGHT side *(A TEST add LEFT side attack)*

A) FACE PUNCH (Lunge Punch)
B) STOMACH PUNCH (Lunge Punch)
C) FRONT KICK (Stomach Level)
D) SIDE THRUST KICK (Stomach Level)
E) ROUNDHOUSE KICK (Stomach or Face Level)