

Shawn Danaher's
CAMARILLO SHOTOKAN KARATE-DO



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)