

Yon (4th) Kyu Exam:

Kata: Heian Godan (Heian No. 5)

Kihon:

Execute (3): **Oizuki Sanbon Zuki; (Zenkutsu)**

(1) Jodan, (2) Chudan

(Execute forward stepping punch to face, and without changing position punch twice to stomach, alternating hands)

Execute (3): **Jodan Ageuke>> Chudan Gyaku Zuki; (Zenkutsu)**

(rising block followed by reverse punch- stomach, stepping back in forward stance)

Execute (3): **Chudan Soto Udeuke>> Yoko Empi Uchi>> Tate Riken Uchi; (Zenkutsu>> Kiba)**

(outside forearm block stepping forward into forward stance, keeping the same side forward shift into side stance, executing horizontal elbow strike to the side with the forward arm followed by vertical back fist strike with the same arm)

Execute (3): **Chudan Shutouke>> Kizami Maegeri>> Nukite; (Kokutsu>> Zenkutsu)**

(knife hand block stepping back into back stance, front snap kick with the forward leg, stepping into forward stance with the same leg forward and executing spear hand from prior pulling arm position)

Execute (3): **Maegeri Rengeri; (Zenkutsu)**

(1) Chudan, (1) Jodan

(moving forward in forward stance and starting with the rear leg, execute 2 consecutive front snap kicks, first to stomach then to face)

Mawate (Turn)

Execute (3): **Mawashigeri Rengeri; (Zenkutsu)**

(moving forward in forward stance and starting with the rear leg, execute 2 consecutive roundhouse kicks, first to stomach then to face)

Change to **Kiba dachi** (Side stance –facing front)

Execute (2): **Jodan Yoko Keage; (Kiba)**

(side snap kick, face, stepping to the side in side stance)
Execute both left and right sides

Execute (2): **Chudan Yoko Kekomi; (Kiba)**

(side thrust kick, stomach, stepping to the side in side stance)
Execute both left and right sides

Change to **Zenkutsu Dachi** (Forward stance)

Execute (3): **Chudan Maegeri>> Chudan Yoko Kekomi>> Chudan Gyakuzuki; (Zenkutsu)**

(moving forward in forward stance and starting with the rear leg execute front snap kick- stomach, side thrust kick with the other leg –stomach, and reverse punch- stomach)

Kumite:

Kihon Ippon Kumite (basic 1 step sparring, no count)

Each examinee executes & defends against:

(1) Jodan Oizuki

(single stepping punch -face)

(1) Chudan Oizuki

(single stepping punch -stomach)

(1) Chudan Maegeri

(single front snap kick –stomach)

(1) Chudan Yoko Kekomi

(single side thrust from forward stance- stomach)