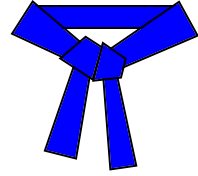


4th Kyu (Yon Kyu)

Basic Techniques



NAME: _____

DATE OF PREVIOUS RANK: _____

BASIC TECHNIQUES

- NISSIN DACHI (side defense stance)
- BENSOKU DACHI (cross-foot stance)
- HAKUSURA DACHI (crane stance)
- KOKEN UKE (wrist block)
- KAKAI UKE (hooking block)
- HARAI UKE (sweeping block)
- SUKUI UKE (scooping block)
- OSAI UKE (press block)
- JUJI UKE ("X" or cross block)
- NAI WAN Uchi (dead arm strike)
- ASHE UKE (leg block)
- KENSETSU GERI (joint kick)
- ASHI BARAI (foot sweep)
- OSOTO GARI (leg sweep throw)
- UKEMI WAZA (breakfall techniques)
- FOCUS, POWER, AND CONTROL

KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1,2,3,4,5)
- GEIKSAI KATA DI NI
- GEIKSAI KATA DI NI BUNKAI (1,2,3,4,5)
- SAIFA KATA
- SAIFA KATA BUNKAI (1,2,3,4,5)
- SEIYUNCHIN KATA (1,2,3,4,5)
- SANCHIN KATA (focus and power)

MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- DOJO ETIQUETTE

APPROVED: _____
(HEAD INSTRUCTOR) (DATE)