



Testing Requirements to Obtain Go Kyu (Purple¹ Belt)

I. Kata: Heian Yondan

II. Kihon:

Note: (Each sequence to be performed three times)

1. Stepping Forward: Zenkutso-dachi - Oizuki Sanbon Zuki: Jodan X1, Chudan X2
2. Stepping Backward: Zenkutso-dachi - Jodan Ageuke, Chudan Gyaku zuki
3. Stepping Forward: Zenkutso-dachi - Chudan Soto Udeuke, Kiba-dachi - Chudan Enpiuchi
4. Stepping Backward: Kokutsu-dachi - Chudan Shutouke, Chudan Kizame Maegeri
Zenkutso-dachi - Chudan Nukite
5. Stepping Forward: Zenkutso-dachi - Maegeri Rengeri: Chudan X1, Jodan X1
MAWATTE
6. Stepping Forward: Zenkutso-dachi – Mawashigeri Rengeri: Chudan X1, Jodan X1
7. Left & Right Side: Kiba-dachi – Jodan Yoko Keage
8. Left & Right Side: Kiba-dachi – Chudan Yoko Kekomi
9. Stepping Forward: Zenkutso-dachi - Chudan Maegeri, Chudan Mawashigeri, Chudan
Gyakuzuki

III. Kumite – Kihon Ippon Kumite - Zenkutso-dachi (One Step Basic Sparring)

Note: (Each sequence to be performed twice)

1. Attack Side: Stepping Forward: Jodan Oizuki
Block Side: Stepping Backward: Jodan Ageuke, Chudan Gyakuzuki
2. Attack Side: Stepping Forward: Chudan Oizuki
Block Side: Stepping Backward: Uchi Udeuke/Soto Udeuke, Chudan Gyakuzuki
3. Attack Side: Stepping Forward: Chudan Maegeri
Block Side: Stepping Backward: Gidan Uke, Chudan Gyakuzuki



Testing Requirements to Obtain Go Kyu (Purple¹ Belt)

I. Kata: (form) Heian Yondan (kata #4)

II. Kihon: (basic techniques)

Note: (Each sequence to be performed three times)

1. Stepping Forward: Front Stance - One Step 3 Punches: Face Level X1, Stomach Level X2
2. Stepping Backward: Front Stance - Rising Block, Stomach Level Reverse Punch
3. Stepping Forward: Front Stance - Stomach Level Outside Block, Shifting into Straddle Leg Stance - Stomach Level Elbow
4. Stepping Backward: Back Stance - Stomach Level Knife Hand Block, Front Leg Front Kick Shifting into Front Stance - Stomach Level Spearhand
5. Stepping Forward: Front Stance - Double Front Kick: Stomach Level X1, Face Level X1
TURN AROUND
6. Stepping Forward: Front Stance – Double Roundhouse Kick: Stomach Level X1, Face Level X1
7. Left & Right Side: Straddle Leg Stance - Face Level Side Snap Kick
8. Left & Right Side: Straddle Leg Stance - Stomach Level Side Thrust Kick
9. Stepping Forward: Front Stance – Stomach Level Front Kick, Roundhouse Kick, Reverse Punch

III. Kumite – Kihon Ippon Kumite – Front Stance (One Step Basic Sparring)

Note: (Each sequence to be performed twice)

1. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Rising Block, Stomach Level Reverse Punch
2. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Block, Reverse Punch
3. Attack Side: Stepping Forward: Stomach Level Front Kick
Block Side: Stepping Backward: Downward Block, Stomach Level Reverse Punch