

Yon kyu Requirements- Purple Belt

Physical Fitness

15-20 push-ups

15 leg raises

30 sit-ups

10 squatting ukemi

60 jumping jacks

Kihon

Walking Drill #3

Student must show: power, focus, and good timing (feet, body, and strike must work together).
Student must also demonstrate proper breathing techniques.

Student must also demonstrate **two** of the following:

Ren geri (side-snap & side-thrust)

Mikazuki geri (crescent kick)

Ushiro mawashi geri (hook kick)

Ushiro geri (back kick)

Kata- ALL Heian Kata

Heian Godan

Student must show: power, focus, and good timing (feet, body, and strike must work together).
Student must also demonstrate proper breathing techniques.

Kumite Ippon

Ippon Kumite (2 jodan, 2 chudan, 2 mae geri, 1 yoko kekomi, 1 mawashi geri)

Student must perform techniques while another student is attacking.

Questions- Instructor's choice of 5 to 10 questions covered regularly in class.

Karateka should also be familiar with Japanese commands used in class, including opening and closing of practice.