



4th to 3rd KYU PURPLE & WHITE STRIPE

THEORY

Know and explain 3 different types of conventional kumite

Scoring in kumite (1point-2points-3points)/ Different kumite warnings (cat1/cat2)

KIHON

MIXED:
FORWARD
/BACKWARD/
LATERAL

1

(Fw) ZENKUTSU DACHI/ KIZAMI TSUKI + (Bw) KOKUTSU DACHI/ UCHI UKE +JODAN GYAKU TSUKI + (Fw) MAE GERI (Land) ZENKUTSU DACHI/ SAMBON TSUKI

2

(Fw) ZENKUTSU DACHI/ NIDAN TSUKI + GYAKU TATE EMPI UCHI + GEDAN BARAI + GYAKU TSUKI

3

(Fw) ZD/ SAMBON TSUKI +(Fw) ZD/ GEDAN BARAI+ GAYKU TSUKI +(Fw) ZD/ SAMBON TSUKI +(Fw) ZD/UCHI UKE+ GYAKU TSUKI +(Fw)ZD/ SAMBON TSUKI +(Fw) ZD/ SOTO UKE +AGE UKE +(Fw) ZD/ OI TSUKI

4

(2Steps Fw) KOKUTSU DACHI/ SHUTO UKE + (Bw) KIBA DACHI/ GEDAN BARAI + YOKO GERI + ZENKUTSU DACHI/ GYAKU NUKITE

5

SHIHO TATE SHUTO + GYAKU TSUKI

KAMAE
(Same leg kick)

6

URA MAWASHI GERI

7

MAE GERI + YOKO GERI + USHIRO GERI + MAWASHI GERI+ GEDAN BARAI + GYAKU TSUKI

8

MAE GERI + MAWASHI GERI (land) + URAKEN UCHI +GYAKU TSUKI

KATA

TEKKI

SHODAN

KUMITE

JIYU IPPON
KUMITE

(Both in kamae) JODAN TSUKI, CHUDAN TSUKI, MAE GERI (only one specific defense per level)

SHIAI KUMITE

Be able to use the space: differents distances