



# 5th to 4th KYU

## PURPLE

### THEORY

What does Zanshin mean?

Sen-no-sen

### KIHON

MIXED FORWARDS  
AND BACKWARDS

1

(FW) URAKEN UCHI 2- (FW) SOTO UKE + GYAKU  
ZUKI + URAKEN

2

(FW) SOTO UKE + GYAKU ZUKI + URAKEN

3

(Fw) ZENKUTSU DACHI/ OI TSUKI +(Bw) KIBA  
DACHI/ GEDAN BARAI +(Fw) KIBA DACHI/ YOKO  
EMPI

4

(Fw) ZENKUTSU DACHI/ KIZAMI TSUKI +(Bw)  
ZENKUTSU DACHI/ AGE UKE + (Fw) ZENKUTSU  
DACHI/ OI TSUKI

5

(Fw) ZENKUTSU DACHI/ SAMBON TSUKI + GYAKU  
TATE EMPI +(Fw) ZENKUTSU DACHI/ OI NUKITE +  
(Bw) ZENKUTSU DACHI/ GEDAN BARAI

6

ZENKUTSU DACHI/ KAKIWAKE UKE + KOKOTSU  
DACHI + MOROTE UKE + ZENKUTSU DACHI/  
JODAN JUJI UKE

7

OSHIRO GERI

8

MAE GERI + YOKO GERI + USHIRO GERI +  
MAWASHI GERI (Land forward)

KAMAE

### KATA

HEIAN

GODAN

### KUMITE

SAMBON KUMITE

JODAN JUJI UKE + UCHI UKE+ SUKUI UKE + GYAKU  
TSUKI + ASHI BARAI + GYAKU TSUKI

SHIAI KUMITE

BE ABLE TO ANTICIPATE THE ACTION OF YOUR  
OPPONENT