

uekf Syllabus 4th kyu

Kata

Pinan Yondan
Pinan Godan
Tensho

Kihon Combinations

Kaishi Kamae
Oizuki chudan
Gyakuzuki chudan
Maeken zuki
Switch maeken zuki
Kette oizuki
Surikomi maegeri gyakuzuki

Blocks

In zenkutsudachi
Jodan age uke, chudan uchi, gedan harai uke,gyakuzuki

Kicking combinations

Maegeri gyakuzuki
Yokogeri gyakuzuki
Mawashigeri gyakuzuki
Uramawashigeri gyakuzuki
Ushirogeri gyakuzuki
Kakatogeri

Pairs

Ohyo bunkai
Hokei Kumite 4

Kumite

As for purple belt but applied showing counters

