

# HARA SHOTOKAN KARATE ACADEMY

## 4th Kyu Grading Syllabus (Purple/White)

<b>Japanese Terminology</b> <b>Kihon</b>	<b>English Terminology</b> <b>Basic moves</b>
1 Kiba dachi, choku zuki, yoko empi x6	Horse stance, punch, elbow strike
2 Sanbon zuki x5 Forwards	Three punches, one step
3 Backwards Age-uke, gyaku zuki Soto uke, gyaku zuki Uchi uke, gyaku zuki Gedan barai, gyaku zuki Shuto uke, nukite	Rising block, reverse punch Outside to inside block Inside to outside block Lower area block Knife hand block, spear hand strike
4 Mae geri, oi zuki x3 Mawatte & yoi	Front snap kick, lurch punch Turn and stand back
5 Mae geri, gyaku zuki x3 Mawatte & yoi	Front snap kick, reverse punch Turn and stand back
6 Mae geri, kizami zuki x3 Mawatte & yoi	Front snap kick, front snap punch Turn and stand back
7 Repeat 4, 5, & 6 as one combination, Mawatte & yoi	
8 Kiba dachi, Yoko geri keage / kekome x5, mawatte & return	Horse stance, side kick snap / thrust, turn & repeat
9 Ushiro geri x5 Mawatte & return	Back Kick Turn and repeat
10 Mawashi geri, gyaku zuki x3 Mawatte & return	Roundhouse kick, reverse punch Turn & repeat
11 Mawashi geri, gyaku zuki, uraken x3 Mawatte & return	Roundhouse kick, reverse punch, back-fist strike Turn & repeat
<b>Kumite Ippon</b>	<b>Fighting ( One Step )</b>
Jodan Chudan Mae-geri Yoko geri kekome Mawashi geri Ushiro geri	Head Attack Middle Attack Snap Kick Attack Side thrust kick Round house kick Back kick
Both Sides	
<b>Kata</b>	<b>Form</b>
Heian Godan	Peaceful Mind (Fifth)

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## Heian Godan

Combination - Count 5 times

