

**BUNTINGFORD SHOTOKAN KARATE CLUB (BUDO-RYU)  
GRADING SYLLABUS**

**4<sup>TH</sup> KYU – PURPLE/WHITE BELT**

**KIHON**

ALL FROM FREESTYLE POSITION

- |   |     |
|---|-----|
| * Sanbon Tsuki  | x 5 |
| * Mae Geri/Sanbon Tsuki   | x 5 |
| * Step Forward Age Uke/ Rear leg Mae Geri, snap<br>back/ Gyaku Tsuki/ Gedan Berai   | x 5 |
| * Ude Uke (zenkutsu dachi)/ Empi (kiba dachi)/Uraken<br>(kiba dachi)/ Gyaku Tsuki (zenkutsu dachi)/Gedan<br>Berai                                   | x 3 |
| * Uchi Uke (kokutsu dachi)/Kizama Tsuki (kokutsu dachi)<br>Gyaku Tsuki (zenkutsu dachi)/ Gedan Berai  | x 3 |
| * Shuto Uke/ Mae geri (front leg)/Nukite  | x 5 |
| * Mae Geri/ Mawashi Geri (ren geri)/Uraken/Gyaku<br>Tsuki/Gedan Berai   | x 3 |
| * Mae Geri/Yoko Geri Kekomi (ren geri)/ Shuto Uchi<br>(zenkutsu dachi)/Gyaku Tsuki/Gedan Berai  | x 3 |
| * From Kiba Dachi kick Yoko Geri Keage/ land Kiba<br>Dachi/turn into Zenkutsu Dachi and strike Gyaku Tsuki/<br>Return to Kiba Dachi and Gedan Berai | x 4 |

**KUMITE**

**Kaeshi Ippon**

- |            |     |
|------------|-----|
| Left side  | x 2 |
| Right side | x 2 |

**Kihon Ippon Kumite**

As many blocks and counters as possible must be demonstrated

- |                                 |     |
|---------------------------------|-----|
| JoDan left and right            | x 2 |
| ChuDan left and right           | x 2 |
| Mae Geri left and right         | x 2 |
| Yoko Geri Kekomi left and right | x 2 |
| Mawashi Geri left and right     | x 2 |

**KATA**

Heian Go Dan

Plus any previous Kata of the examiners choice

**TERMINOLOGY**