

SKDA Traditional Karate

Level 4th Kyu - Purple Belt with White Stripe

Grading Material

This is the 4th level of the SKDA grading syllabus material for schools and clubs, each level is tested and awarded according to the knowledge and understanding of the student.

Syllabus Required:

Kneeling Position – Seiza

Yoi – Ready Position

Lower Block - Gedan Barai - Gyaku Tsuki

Upper Block - Age Uke - Gyaku Tsuki

Outside Block - Soto Uke - Empi Uchi - Uraken - Gyaku Tsuki

Inside Block - Uchi Uke - Kizama Tsuki - Gyaku Tsuki

Knife Hand Block – Shuto Uke - Mae Geri - Nukite

Three Punches - Sambon Tsuki

Sliding Jab Punch - Kizami Tsuki - Mawashi Geri - Uraken

Rib Elbow Strike - Chudan Empi - Gyaku Tsuki

Forward Kick - Mae Geri - Gyaku Tsuki

Roundhouse - Mawashi Geri - Uraken - Gyaku Tsuki

Side Snap Kick - Yoko Geri Keage - Uraken - Gyaku Tsuki

Side Thrust Kick - Yoko Geri Kekomi (from Zenkutsu Dachi)

Heian Godan

3 Step Sparring - Sanbon Kumite
