



Criteria for 4th & 3rd Kyu

(Orange Belt & Green Belt)

Minimum time requirement from last rank: 6 Months

Tachikata: Stances

Teiji Dachi: T/L Stance (3rd Kyu/Green Belt)

Uke: Blocks

Morote Uke: Reinforced/Double Block (3rd Kyu/Green Belt)

Ate/Uchi: Strikes

Hiji Ate/Emp Uchi: Elbow Strikes (Mae, Age, Mawashi, Otoshi, Ushiro, & Age) (4th Kyu/Orange Belt)

Tetsui Uchi: Hammer Fist Strike (4th Kyu/Orange Belt)

Haito: Ridge Hand Strikes (3rd Kyu/Green Belt)

Nukite: Spear Hand Strikes (3rd Kyu/Green Belt)

Kuma De: Bear Palm Strikes (3rd Kyu/Green Belt)

Keri: Kicks

Ushiro Mawashi Geri: Backwards Round House Kick (4th Kyu/Orange Belt)

Ura Geri: Spin Kicks (3rd Kyu/Green Belt)

Tobi Yoko Geri: Jump Side Kick (3rd Kyu/Green Belt)

Fighting Techniques:

#6 (4th Kyu/Orange Belt)

#8 (3rd Kyu/Green Belt)

#7 (4th Kyu/Orange Belt)

#9 (3rd Kyu/Green Belt)

#10 (3rd Kyu/Green Belt)

Self Defense Techniques:

#6 (4th Kyu/Orange Belt)

#8 (3rd Kyu/Green Belt)

#7 (4th Kyu/Orange Belt)

#9 (3rd Kyu/Green Belt)

#10 (3rd Kyu/Green Belt)

Kata

Hiji Ate Gojo No Kata: Five Methods of Elbow Strikes (4th Kyu/Orange Belt)

Empi Take No Kata: Elbow of Bamboo (4th Kyu/Orange Belt)

Empi Iwa No Kata: Elbow of Rock (4th Kyu/Orange Belt)

Empi Iwa No Kata Ni: Elbow of Rock 2 (4th Kyu/Orange Belt)*

Pinan Shodan No Kata: Peaceful Mind 1 (3rd Kyu/Green Belt)*

Pinan Nidan No Kata: Peaceful Mind 2 (3rd Kyu/Green Belt)

Kyoku Shodan No Kata: Rising Sun 1 (3rd Kyu/Green Belt)

* Must have at least started learning the kata