



TOKON TAIKI GRADING SYLLABUS

PURPLE & WHITE BELT - 4th KYU



Basics

- Sanbon zuki
- Jodan age uke, gyaku zuki, gedan barai
- Chudan soto uke, empi uchi, uraken uchi, gyaku zuki, gedan barai
- Chudan uchi uke, kizami zuki and gyaku zuki, gedan barai
- Chudan shuto uke, mawashi geri and nukite
- Mae geri (alternate legs) chudan & jodan
- Yoko geri keage
- Yoko geri kekomi
- Mawashi geri chudan
- Mawashi geri jodan

All basic techniques will also be performed stepping backwards except for Sanbon zuki, Mae geri, Yoko geri keage, Yoko geri kekomi and mawashi geri

Kata

- Tekki Shodan

Kumite

- Kihon Ippon Kumite

Attack: with jodan oi zuki, chudan oi zuki, mae geri and yoko geri and mawashi geri on your (right and left side)

Defend & Counter: On your right side and left side