

4th KYU

Kata:

Pinon 3
Yantsu

Stances:

1. Sanchin
2. Sochin

Kicks:

1. Cobra
2. Spinning Side
3. Flying Yoko Geri (Flying Side Kick)
4. Spinning Side Knife Edge
5. Spinning Hook to Mawashi Geri

Techniques:

1. Makiwara Punch
2. Speed Conversion
3. Body Conversion

Hand Forms:

- Popping & Kinking
 1. Seiken (Punches)
 2. Shuto
 3. Hiji (Elbow)

Must have attended at least 26 classes since last testing