

READING FOR KICKS, 4th Kyu Examination, (rev. 7/2016)

A. Kata

1	heian godan	4	heian nidan
2	heian yondan	5	heian shodan
3	heian sandan		

B. Impact

1	front stance, in place, reverse punch middle, kamai. Change sides.
2	front stance, in place, kamai. Change sides.
3	front stance, step in, punch middle, kamai. Change sides.
4	back stance, step in, knife hand strike middle, kamai. Change sides.
5	side stance, in place, hook punch middle, kamai. Change sides.
6	front stance, in place, ridge hand strike high, kamai. Change sides.
7	front stance, in place, reverse knife hand strike high, kamai. Change sides.
8	back stance, in place, reverse punch middle, kamai. Change sides.
9	front stance, step in, front kick low, kamai. Change sides.
10	side stance, step across, side snap kick low, kamai. Change sides.
11	side stance, step across, side thrust kick low, kamai. Change sides.
12	front stance, step in, round kick low, kamai. Change sides.
13	front stance, step in, back kick low, kamai. Change sides.
14	side stance, step across, reverse round kick low, kamai. Change sides.

C. Falling

1	slap fall from standing roll
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D. Kata Concepts

1	heian godan	make power by rising and falling	+ concepts of heian shodan - yondan
2	heian yondan	slow techniques = fast techniques	+concepts of heian shodan - sandan
3	heian sandan	make power by shifting	+concepts of heian shodan and nidan
4	heian nidan	one breath = multiple techniques	+concepts of heian shodan
5	heian shodan	one breath = one technique	shomen/hanmi front knee/foot toward opponent

E. Bunkai (the student chooses a technique from an assigned kata)					
1	Explain the combat application of the technique				
2	List the body actions employed by the technique				
3	Demonstrate the technique against an opponent				
F. Body Action Analysis (list and demonstrate the six methods of making power)					
1	vibration	2	rotation	3	shifting
4	rising	5	lowering	6	expansion / contraction
G. Dojo Kun (recite)					
1	One. To seek perfection of character.				
2	One. To be sincere and honest.				
3	One. To show strong spirit.				
4	One. To respect others.				
5	One. To refrain from violent behavior.				
H. Vocabulary (define five terms selected by the examiner from the following list)					
1	kagi zuki	hook punch	6	sensen no sen	attack before
2	ippon kumite	one-step sparring	7	sen no sen	attack during
3	sanbon kumite	three-step sparring	8	zanshin	awareness
4	jiyu kumite	free sparring	9	kime	spirit
5	go no sen	attack after	10	hara	body center
I. Kihon (*=on #4: reverse punch high, twice low)					
1	front stance, step in, punch high, twice low, kamae				
2	front stance, step back, punch high, twice low, kamae				
3	front stance, step in / back, rising block, reverse punch high, kamae *				
4	front stance, step in / back, outside block, reverse punch high, kamae *				
5	front stance, step in / back, down block, reverse punch high, kamae *				
6	back stance, step in / back, knife-hand strike middle, front leg front kick low, reverse punch high, kamae *				
7	front stance, step in / back, inside block, reverse punch high, kamae *				
8	front stance, step in / back, reverse down block, reverse punch high, kamae *				
9	front stance, step in, front kick low, step in, front kick low, punch high, kamae *				
10	side stance, step across, side snap kick low, step in, side snap kick low, hook punch middle, kamae				
11	side stance, step across, side thrust kick low, step in, side thrust kick low, hook punch middle, kamae				
12	front stance, step in, punch high, round kick low, step in, round kick low, reverse punch high, kamae *				
13	front stance, step in, back kick low, reverse punch high, kamae *				
14	side stance, step across, reverse round kick low, step in, reverse round kick low, hook punch middle, kamae				

J. Yohon Kumite (*=on #4: reverse punch high, twice low)							
1	O: front stance, step in, punch high, step in, punch high						
	D: front stance, step back, rising block, step back, rising block, reverse punch high, kamaï *						
2	O: front stance, step in, punch middle, step in, punch middle						
	D: front stance, step back, outside block, step back, outside block, reverse punch high, kamaï *						
3	O: front stance, step in, front kick low, step in, front kick low						
	D: front stance, step back, down block, step back, down block, reverse punch high, kamaï *						
4	O: front stance, step in, punch middle, step in, punch middle						
	D: back stance, step back, knife hand block, step back, knife hand block, reverse punch high, kamaï *						
5	O: front stance, step in, punch middle, step in, punch middle						
	D: front stance, step back, inside block, step back, inside block, reverse punch high, kamaï *						
6	O: front stance, step in, front kick low, step in, front kick low						
	D: front stance, step back, reverse down block, step back, reverse down block, reverse punch high, kamaï *						
7	O: side stance, step across, side snap kick low, step across, side snap kick low						
	D: side stance, step back, down block, step back, down block, hook punch middle, kamaï						
8	O: side stance, step across, side thrust kick low, step across, side thrust kick low						
	D: side stance, step back, down block, step back, down block, hook punch middle, kamaï						
9	O: front stance, step in, round kick low, step in, round kick low						
	D: front stance, step back, down block, step back, down block, reverse punch high, kamaï *						
10	O: front stance, step in, back kick low						
	D: front stance, step back, down block, reverse punch high, kamaï *						
11	O: side stance, step across, reverse round kick low, step across, reverse round kick low						
	D: side stance, step back, down block, step back, down block, hook punch middle, kamaï						
K. Jyu Ippon Kumite (to complete a match, a point must be awarded for both offense and defense)							
1	against an opponent of equal or greater rank						
2	against an opponent of equal or greater rank						
L. Embusen (for students 14 years and older) (for currently assigned kata)							
1	line diagram	2	box diagram	3	height and timing diagram	4	body action analysis

