Requirements for Yonkyu- Purple Belt

All Previous Requirements, Plus…

Minimum Classes Trained- 60 Tool Familiarization- Kama

Must explain triangulation points, Aiki stairs and waves, Fulcrums

Spinning Kicks (Heel, Roundhouse, Side, and Back)

Katas- Pinan Nidan, Nikyu (levels 3 and 4), introduction to Bokkudan

 Practice- Pinan Sai, Sankyu Kama

Terms-

 Any strike to the face- **Shomen Uchi**

Any strike to the side of the head- **Yokomen Uchi**

Any strike to the chest- **Mune Tsuki**

Throwing Techniques- **Nage Waza**

Standing Techniques- **Tachi Waza**

Sacrifice Throws- **Sutemi Waza**

Ground Techniques- **Katame Waza**

Locking Techniques- **Osae Komi Waza**

Choking/Strangling Techniques- **Shime (Jime) Waza**

Techniques to the Joints (strikes, locks, breaks)- **Kansetsu Waza**

 Constant Situational Awareness- **Zanshin**

Judo-

 Inner Thigh Reaping Throw- **Uchi Mata**

 Sweeping Hip- **Harai Goshi**

 Circular Throw- **Tomoe Nage**

 Shoulder Wheel- **Kata Guruma**

Aikido-

 **Kokyu Nage-** Breath and Timing Throw (“Haito”)

 **Irimi Nage (Tenken Ude Oroshi)-** Entering Throw

**Randori** exercise against multiple knife attacks.