

REQUIREMENTS FOR YONKYU PURPLE BELT

All Previous Requirements Plus:

Knowledge:

- More of a Technical Test > Hands On
- Previous Terminology Missed

Uke (Blocks/Defense):

- All Previous
- Mawashi Uke (Circular Block) > Inside and Outside the Body

Ukemi (Breakfalls):

- All 6 from Standing Position *Better Quality

Kata:

Kids:

- Ichi-Kyu
- Ni-Kyu Parts: 1,2,3,4
- Pinan Shodan
- Sankyu
- Naihanchi Shodan
- Bokudan (Working On)
- Pinan Nidan (Start)

Adults:

- Ichi-Kyu
- Ni-Kyu Parts 1,2,3,4
- Pinan Shodan
- Sankyu
- Naihanchi Shodan
- Bokudan
- Pinan Nidan

Blocking Exercises:

- All 3 Blocking Exercises

Nagewaza (Throwing Techniques):

- O-Soto Gari (Major Outer Reaping Throw)
- O-Goshi (Major Hip Throw)
- Marote-Seoi-Nage
- Ippon-Seoi-Nage *Possibly Any of the Above off a Punch

Tatame Waza (Grappling/Mat Techniques):

- Kesa Getame (Scarf Hold)
- Juji Getame (Cross Arm Lock)
- Shiho Getame (4-Corner Hold)
- Hammer Lock
- Ankle Lock

Shime Waza (Choking Techniques):

- Hadaka Jime (Rear Naked Choke)
- Gi Choke

Kansetsu Waza (Joint Manipulation Techniques):

- Ikkyo > Ude Osae (Arm Pin) > Ikkajo
- Nikyo > Kote Mawashi (Forearm Turn In/Rotation) > Nikajo
- Sankyo > Kote Hineri (Forearm/Wrist Twist) > Sankajo
- Yonkyo > Tekubi Osea (Wrist Pin) > Yonkajo
- Rokyo > Kote Gaeshi (Reverse Wrist Twist) > Rokajo
- Shichikyo > Shiho Nage (4-Corner Throw) > Shichikajo

Basic Knife/Sword Defense:**Adults:**

- Straight Attack
- #1 Attack
- Sword Attack
- 6-Point Drill

Kids:

- Straight Attack
- #1 Attack
- Sword Attack