



## SYLLABUS FOR 4<sup>th</sup> KYU



**TECHNIQUES:** Assume Forward Stance (Zenkutsu Dachi)

1. Back leg front kick, turn around back kick, and keep the leg front, same leg jumping front kick, down block reverse punch.
2. Back leg turning kick, turn around side kick, and keep the leg front, same leg jumping front kick, down block reverse punch.
3. Back leg inner crescent kick, turn around back kick, keep the leg front, back leg front kick, and keep the leg front same leg jumping front kick, down block reverse punch.
4. Back leg inner crescent kick, turn around side kick, keep the leg front same leg scissors move side kick, and same leg jumping front kick, down block reverse punch.
5. Back leg slap kick, scissors move hook kick, keep the leg front, same leg jumping front kick, and down block reverse punch.
6. Back leg inner crescent kick, scissors move hook kick, keep the leg forward, back leg front kick, keep the leg front, same leg jumping front kick, down block reverse punch.

### **Stance (Dachi):**

Any stance may ask

### **Kicks (Geri):**

1. Spinning kick

### **Kata:**

1. Hiyan Godan

Note: A minimum of 4 months training is expected of a member between each promotion from the White Belt stage to the 4th Kyu, after which a 5 monthly interval is required before he/she is tested for the First Kyu. A minimum training period of 6 months is necessary from the 1st Kyu to the Black Belt Shodan



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