



Green Belt 3 Stripe Review (4 Kyu)



4th Kyu Tuite

DESCRIPTION

1. Same side shoulder, elbow push
2. Same side shoulder, throw to floor
3. Same side elbow with face punch, over/under arm
4. Same side elbow with face punch, knee on shoulder
5. Same side elbow with face punch, spear hand

DEFENDER

Trap hand with opposite hand, same side hand on trapped wrist, change body, arm bar, push elbow down, push forward.

Trap hand with same side hand, push forearm with opposite hand, twist palm out, step in, grab under chin, pull on neck and hand, turn 180°, force to floor.

Block punch step in, back fist to face, trapped arm over and under arm, apply pressure up, step back 90°.

Step in, block punch, knife hand to neck, pull *gi* at elbow, turn 180°, force to floor, knee on shoulder, arm bar.

Step in, block punch, trapped arm under and over arm, spear hand, push on head and pull on *gi*, turn 180°, force to floor, punch to face.



Sai Sho Dan

#	STEP	STANCE	TECHNIQUE
	<i>Yoi</i>	Attention	Fists down, blades up
1.	45° right, left back	Right front	Right knife hand block
2.	90° left, left forward	Left front	Left knife hand block
3.	45° right, right forward	Right front	Right overhead strike, recover
4.	Left forward	Left front	Left overhead strike, recover
5.	Right forward	Right front	Right overhead strike, recover, closed down block, single bone block
6.	180° left, left forward	Left front	Left overhead strike, recover
7.	90° right, left back	Right front	Right single bone block, left middle punch, right middle punch
8.	180° left, left forward	Left front	Left single bone block, left middle punch, right middle punch
9.	90° right, right forward	Right front	Right overhead strike, recover
10.	Left forward	Left front	Left middle punch, left overhead strike, recover
11.	Right forward	Right front	Right middle punch, right overhead strike, recover
12.	Left forward	Left front	Left middle punch, left overhead strike, recover
13.	Right forward	Right front	Right middle punch, right overhead strike, recover
14.	180° left, left forward	Left front	Left overhead strike, recover
15.	90° right, left back	Right front	Right open down block, thumb up, recover, shuffle, hook, left middle punch, right middle punch
16.	180° left, left forward	Left front	Left open down block, thumb up, recover, shuffle, hook, right middle punch, left middle punch
17.	90° left, left back	Right front	Right overhead strike
18.	Right back	Left front	Left overhead strike, open trouble trap
	<i>Yame</i> , left back	Attention	Fists down, blades up



Naihanchi Sho Kata

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Left palm up in front of right palm, down and grab
1. Right side	Naihanchi	Look right
2. Left around right	Left cross	
3. Right side	Naihanchi	Right ridge hand, grab left elbow, fists at right side, look left, left side down block, right punch across stomach.
4. Right around left	Right cross	
5. Left side	Naihanchi	Right double bone block, left double bone block with right down block, reinforced back fist, left pivot leg block, left side double bone block, right pivot leg block, left cross body block, fists at right side, left side double punch, grab right elbow, fists at left side, look right, right side down block, left punch across stomach
6. Left around right	Left cross	
7. Right side	Naihanchi	Left double bone block, right double bone block with left down block, right reinforced back fist, right pivot leg block, right side double bone block, left pivot leg block, right cross body block, fists at left side, right side double punch, <i>kie</i>
<i>Yame</i> , left side	Attention	Left palm up in front of right palm, down to fists



Pinan San Dan Kata

# STEP	STANCE	TECHNIQUE
<i>Yoi</i>	Attention	Left palm up in front of right palm, down to fists
1. 90° left, right back	Left front	Left double bone block
2. Right forward	Attention	Right double bone scissors
3. 180° right, right back	Right front	Right double bone block
4. 90° left, left forward	Left front	Left reinforced double bone block
5. Right forward	Right front	Right spear hand
6. 360° Left, left back 180° right, right back	Left Front Attention	Left turn middle punch, right reverse middle punch Fists on hips
7. Right forward	Right front	Twist hips left 45°, right back fist
8. Left forward	Left front	Twist hips right 45°, left back fist
9. Right forward	Right front	Twist hips left 45°, right back fist
10. 180° left, right forward	Straddle	Look and punch over left shoulder
11. Jump right	Straddle	Look and punch over right shoulder
<i>Yame</i> , right side	Attention	Left palm up in front of right palm, down to fists