



Purple Belt Review (8 Kyu)



Self Defense 4-6

ATTACKER

4. Front choke
5. Rear bear hug
6. Buddy grab

DEFENDER

Double knife hand block, front snap kick, step back with body change, punch to face.

Back kick down shin, stomping on instep. Front stance turning 90°, high block, elbow strike, uppercut to chin, back kick to midsection. Step away.

Jab ribs, grab hand, squat down and rotate palm up. Stand up while pulling down on elbow across the back of the neck.



Fu Kyu Gata San

#	STEP	STANCE	TECHNIQUE
	<i>Yoi</i>	Attention	Left hand, fingers down, in front of right hand
1.	90° left, left forward	Long left front	Left high block
2.	Right forward	Right front	Right middle punch
3.	180° right, right forward	Long right front	Right high block
4.	Left forward	Left front	Left middle punch
5.	90° left, left forward	Long left front	Left high block
6.	Right forward	Right front	Right middle punch
7.	Left forward	Left front	Left middle punch
8.	Right forward	Right front	Right middle punch, <i>kia</i>
9.	225° left, left forward	Long left front	Left high block
10.	Right forward	Long right front	Right low block
11.	90° right, right forward	Long right front	Right high block
12.	Left forward	Long left front	Right low block
13.	45° left, left forward	Left front	Left reverse middle punch, <i>kia</i>
14.	Right forward	Right front	Right reverse middle punch
15.	Left forward	Left front	Left reverse middle punch
16.	Right forward	Right front	Right reverse middle punch
17.	225° left, left forward	Long left front	Left high block
18.	Right forward	Right front	Right face punch
19.	90° right, right forward	Long right front	Right high block
20.	Left forward	Left front	Left middle punch
	<i>Yame</i> 45° left, left back	Attention	Left hand in front of right hand, fingers down