



## **Ditton Karate Club**

Market Row  
Leybourne  
Kent Little  
ME19 5QL

### **KAIZEN GRADING SYLLABUS**

#### **4<sup>th</sup> Kyu – For Purple/One White Stripe Belt**

5 x Sanbon Tsuki repeat going backwards  
5 x upper/rising block last block with reverse punch, gidan beri  
5 x outside block last block with reverse punch, gidan beri  
5 x inside block last block with reverse punch, gidan beri  
5 x Gidan beri block last block with reverse punch, gidan beri  
5 x outside block, empi, uraken, reverse punch, gedan berai  
5 x inside block, kizami tsuik, reverse gedan berai  
Stauchie leading leg mae geri, nukite  
Mai geri jodan, chudan (2 kicks one count)  
Side snap, side thrust (2 kicks one count)  
Mawashi geri, reverse punch gedan berai  
Ushiro geri reverse ouch, gedan berai  
One step attack on both legs  
All of the above combinations going backwards  
Kata – *Heian Godan*

**\* PLEASE NOTE THIS SYLLABUS IS FOR GUIDANCE ONLY AND MAY VARY\***