



## GREEN BELT (4th kyu)

### SYLLABUS & TRANSLATION SHEET

#### **DACHI/DACH**

KAKE DACH

#### **STANCE**

Hook stance

#### **TSUKI / SKI**

AGO SKI

KAKE SKI

#### **PUNCH**

Upper cut to chudan/jodan

Hook punch

#### **UCHI**

AGO EMPI

OROSHI EMPI

MAWASHI EMPI

URA MAWASHI EMPI

#### **STRIKE**

Rising elbow strike

Descending elbow strike

Roundhouse elbow strike

Reverse roundhouse  
elbow strike

#### **GERI**

KAKATO GERI

UDE SOTO

MAWASHI GERI

UDE UCHI

MAWASHI GERI

USHIRO GERI

#### **KICK**

Heel kick to chin

Inner crescent kick

Outer crescent kick

Back kick (using heel)

#### **KNEE SNAPPING KICKS**

YOKO GERI FUMIKOMI Side stamping kick

KANSETSU GERI Stomping knee joint kick  
(using sole of foot)

#### **IPPON KUMITE**

IPPON KUMITE SHO

#### **ONE STEP SPARRING**

Defence and counter of:

- 3 punches left  
(jodan, chudan, gedan)

- 3 punches right  
(jodan, chudan, gedan)

#### **KATA**

ASHIITA SAN

#### **FORMAL PATTERN**

All katas should be  
announced before  
performing them

#### **ADDITIONAL REQUIREMENTS**

DEFENCE AGAINST 2 single lapel grabs  
2 double lapel grabs

STAMINA ASSESSMENT 10 one-handed push ups  
(left and right side)

15 crunch sit ups  
counting aloud in Japanese