



PURPLE BELT (2nd kyu)

SYLLABUS & TRANSLATION SHEET

UCHI

CHUKO SHUTO

HAITO

SHOTEI

STRIKE

Knife edge hand to
breast strike

Inner ridge hand strike

Palm heel strike

IPPON KUMITE

IPPON KUMITE SAN

ONE STEP SPARRING

Defence and counter of:

- 5 punches using one
put down technique

- 5 kicks using one
put down technique

GERI

USHIRO MAWASHI

OROSHI GERI

ASHI-BARAI

KICK

Spinning back kick

Axe kick

Leg sweeping technique
(students choice)

KATA

ASHIITA GO

FORMAL PATTERN

All katas should be
announced before
performing them
