

VICTOR YOUNG'S
GANBARE SHOTOKAN KARATE-DO OF PRESCOTT
4th Kyu Second Purple Belt Requirements

KIHON-

Hand techniques Forward and backwards -Step back with the right leg down block into forward stance

5 times each no count

- A. Step in Back fist strike face, reverse punch mid level
- B. Step back Rising Block with Reverse face Punch
- C. Step in Outside stomach Block front stance, Elbow strike horse stance, Back fist to the face
- D. Step back Inside Stomach Block, Jab, Reverse face Punch
- E. Step in Down block with Reverse Punch face
- F. Step back Knife Hand Block (back stance)with Spear Hand thrust(front stance)

Kicking techniques Forward turn and back - Step back with the right leg down block into forward stance

5 times each no count, from kamae:

- A. Front Snap Kick (forward mid level turn and back face level)
- B. Front thrust Kick (forward mid level turn and back face level)
- C. Roundhouse kick (forward mid level turn and back face level)
- D. Side snap kick (forward mid level turn and back face level)
- E. Side thrust kick (forward mid level turn and back face level)

Step forward with the right leg into forward stance

3 sets each from kamae:

- A. Double front snap kick (stomach, face)
- B. Double front thrust kick (stomach, face)
- C. Front snap kick stomach, change front thrust kick face
- D. Crescent kick block

KATA-

Heian Godon Heian #5, must review Heian #1 to #4 at random, must know Bunkai

KUMITE-

JyulpponKumite (Free One step Sparring)Both sides, One side does all the attacks first then change sides.

- A. Lunge punch face
- B. Lunge punch mid level
- C. Front snap kick mid level
- D. Side thrust kick mid level
- E. Round house kick mid level