

VICTOR YOUNG'S
GANBARE SHOTOKAN KARATE-DO OF PRESCOTT
5th Kyu First Purple Belt Requirements

KIHON-

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

5 times each no count

- A. Lunge punch face, reverse punch mid level
- B. Rising Block with Reverse face Punch
- C. Outside Forearm Block front stance, Elbow strike horse stance
- D. Inside Forearm Block with Reverse face Punch
- E. Down block with Reverse Punch face
- F. 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

- 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)

Step forward with the right leg into horse stance - 3 times each no count

- A. Side Snap Kick(forward mid level turn and back face level)
- B. Side Thrust Kick(forward mid level turn and back face level)

3 times each no count

- A. Double front snap kick (stomach, face)
- A. Double front thrust kick (stomach, face)

KATA-

Heian Yondon Heian #4, must review Heian #1 and #3 at random, must know Bunkai

KUMITE-

Kihon Ippon Kumite (Basic One step Sparring)

- 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