



DKA Kyu Grade Syllabus

4th KYU

Purple Belt

Minimum experience needed to take this Grade:

Standard

3 Months From Last Grade
21 Lessons from last grade

Fast Track

2 Months Training From Last Grade
21 Lessons From Last Grade

	Section	Techniques Required For Grade	English Translation
1	Basic Blocking in Yoi & Kamae	Gedan Barai Jodan Uke Chudan Uke Shuto Uke Uchi Uke	Downward Block Rising Block Body Block Knife Hand Block Inner Block
2	Basic Punching in Kamae	Gyakuzuki Chudan Oizuki Jodan Maekenzuki	Reverse Punch to Body Step Punch to Head Leading Hand Punch
3	Basic Stances	Zenkutsu Dachi Shiko Dachi Nekoashi Dachi	Standard Forward Stance Side Stance Cat Stance
4	Kicking Both Legs	Maegeri Chudan Yokogeri Ushiomawashigeri Mawashigeri	Front Kick Stomach Height Side Kick Hook Kick Roundhouse Kick
5	Pad Work Both Sides	Gyakuzuki Oizuki Maekenzuki Maegeri Mawashigeri UshiroGeri	Reverse Punch Step Punch Leading Hand Punch Front Kick Roundhouse Kick Back Kick
6	Combinations	Kihon Renraku Waza Any 5 from the first 9	Basic Combination Any 5 from first 9
7	Kata	Pinan Yondan Pinan Godan	Pinan Form (Kata) No.4 Pinan Form (Kata) No.5
8	Khokei Kumite	Yondan Godan	4 th Khokei Kumite No. 4 5 th Khokei Kumite No.5
9	Sparring 2 Bouts	Jiyu Kumite	Sparring against a partner. Protective Equipment MUST be worn
10	Instructor Input	Kimi Zanshin	Focus Concentration Personal Discipline

Ⓜ All Students Wishing to grade must have in their possession and in date Association Licence **NO EXCEPTIONS.**