



# 4TH KYU PURPLE BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

## STRIPE # 1: *KIHON & WAZA*

**\*\* MANDATORY ATTENDANCE: 8 CLASSES \*\***

### KIHON :

- **Hourglass Stance**—Sanchin Dachi (*Adults Only*)
- **Forearm Block**—Zenwan Uke
- **Hook Punch**—Kagi Zuki
- **Large U Punch**—Yama Zuki (*Adults Only*)
- **Ridgehand Strike**—Haito Uchi
- **Back Leg Front Kick (Stepping)**—Ushiro Ashi Mae Geri
- **Back Leg Roundhouse Kick (Stepping)**—Ushiro Ashi Mawashi Geri
- **Back Leg Side Kick (Stepping)**—Ushiro Ashi Yoko Geri
- **Back Leg Hook Kick (Stepping)**—Ushiro Ashi Kagi Geri
- **Inside Foot Sweep**—(Uchi) Ashi Barai
  - \* Apply With a Partner

### WAZA:

- **#1**—Lower Sweep Block, Reverse Punch
- **#2**—Upper Rising Block, Reverse Punch
- **#3**—Middle Outside Block, Reverse Punch
- **#4**—Middle Inside Block, Reverse Punch
- **#5**—Knifehand Block, Reverse Punch, Knifehand Block
- **#6**—Front Snap Kick, Lunge Punch
- **#7**—Roundhouse Kick

## STRIPE #2: *KATA*

**\*\* MANDATORY ATTENDANCE: 8 CLASSES \*\***

### YOUTH & ADULTS:

- Taikyoku Shodan, Nidan & Sandan
- Pinan Shodan
- Pinan Nidan
- Pinan Sandan
- Pinan Yondan
- Pinan Godan

### ADULTS ONLY:

- Wansu
- Wankuan
- Itosu Lohai Shodan

**SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4**





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### STRIPE #3: KUMITE

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

- **Ippon Kumite #1-8**—Left & Right Foot Back
  - \* #1—Upper Rising Block, Reverse Punch
  - \* #2—Middle Outside Block, Reverse Punch
  - \* #3—Lower Sweeping Block, Reverse Punch
  - \* #4— Middle Inside Block, Roundhouse Knifehand Strike, Slide in Roundhouse Elbow Strike
  - \* #5—Move to Outside in Cat Leg Stance, Side Stomp Kick, Roundhouse Kick, Land with Foot Behind
  - \* #6—Elbow Block, Side Elbow Strike, Outside Foot Sweep, Dropping Punch
  - \* #7—Palmheel Block, Side Kick, Close Punch, Roundhouse Punch, Hook Foot Sweep, Punch
  - \* #8—Forearm Block, Front Elbow Strike, Inside Foot Sweep, Side Stomp Kick
- **IDA (Indirect Attack)**—Changing the Technique
  - \* Backfist Strike / Reverse Punch
  - \* Shuffle Kick / Backfist Strike
  - \* Front Snap Kick / Roundhouse Kick
- **Jiyu Kumite (Freestyle Sparring)**
  - \* Using SA, ABC, BC, RS, ABT, SS & IDA

### STRIPE #4: SELF-DEFENSE & BREAKFALLS

**\*\* MANDATORY ATTENDANCE: 4 CLASSES \*\***

#### Ground Self-Defense:

- **Getting Up & Down From the Ground**
- **Side Guard**—Turning, Switching, Side Kick
- **Back Guard**—Turning, Front Heel Kick

#### Spontaneous Self-Defense:

- **Against Grabs**—With Single Partner
  - \* Using Strikes
- **Against Strikes**—With Single Partner
  - \* Using Strikes

#### BREAKFALLS (Level #3—Standing):

- **Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll**

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)**  
**BE SURE TO COMPLETE WRITTEN EXAMINATION (IF REQUIRED) & INTENT TO PROMOTE SHEET**  
**AND TURN THEM IN BEFORE EXAMINATION DAY.**

**FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT) MUST BE WORN FOR ALL SATURDAY BELT EXAMS. STUDENTS NOT IN FULL UNIFORM WILL NOT BE ALLOWED TO TEST.**