



Hakuba Wadoryu 4th Kyu Syllabus. Purple Belt

4th KYU 四級

KIHON-WAZA 基本技

1. Kette-junzuki
2. Kette-gyakuzuki
3. Kette-junzuki-no-tsukkomi
4. Kette-gyakuzuki-no-tsukkomi
5. Nagashizuki-jodan
6. Mawashigeri-chudan
7. Ushirogeri-chudan
8. Sokuto-chudan

RENRAKU-WAZA 連絡技

1. Maegeri-chudan – Nagashizuki-jodan – Gyakuzuki-chudan
2. Surikomi-maegeri-chudan – Nagashizuki-jodan – Mawashigeri-chudan
3. Maegeri-chudan – Sokuto-fumikomi-hiza – Ushirogeri-gedan – Gyakuzuki-chudan

UKE 受け

SANBON-GUMITE 三本組手

1. Junzuki-uke; Gohonme, Ropponme
2. Maegeri-uke; Gohonme, Ropponme

OHYO-GUMITE 応用組手

1. Sanbonme

KATA 形

1. Pinan Yodan

2. Pinan Godan

JIYU-GUMITE 自由組手