



Anshin Ryu

空手道

Blue Belt Black Stripe – 4th Kyu (Yon Kyu)

Dachi (Stances)

Fudo Dachi

Sanchin Dachi

Zenkutsu Dachi

Musubi Dachi

Uchihachiji Dachi

Heisoku Dachi

Neko Ashi Dachi

Kokutsu Dachi

Kiba Dachi

Tsuru Ashi Dachi

Kihon Tsuki Waza (Basic Punching Techniques)

1. Junzuki Jodan (in Zenkutsu Dachi or Sanchin Dachi)
2. Junzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
3. Junzuki Gedan (in Zenkutsu Dachi or Sanchin Dachi)
4. Gyakuzuki Chudan (in Zenkutsu Dachi or Sanchin Dachi)
5. Ago Tsuki (in Zenkutsu Dachi or Sanchin Dachi)
6. Kette Junzuki Chudan (in Zenkutsu Dachi)
7. Kette Gyakuzuki Chudan (in Zenkutsu Dachi)
8. Mawashi Uchi (in Zenkutsu Dachi or Sanchin Dachi)
9. Shuto Sakotsu Uchi (in Zenkutsu Dachi or Sanchin Dachi)
10. Uraken Ganmen Uchi (in Zenkutsu Dachi or Sanchin Dachi)
11. Yoko Uraken Uchi (in Zenkutsu Dachi or Sanchin Dachi)
12. Uraken Hizo Uchi (in Zenkutsu Dachi or Sanchin Dachi)
13. Uraken Shitahara Uchi (in Zenkutsu Dachi or Sanchin Dachi)
14. Tobikomizuki Jodan (in Shizenhontai Dachi)
15. Nagashizuki Chudan (in Shizenhontai Dachi)
16. Hitosashiyubi Ipponken
17. Shuto Ganmen Uchi
18. Shuto Hizo Uchi
19. Shuto Sakotsu Uchikomi
20. Tetsui Uchi
21. Ura Tsuki
22. Ippon Nukite
23. Nihon Nukite
24. Nakayubi Ippon Ken
25. Nihon Ken

Kihon Keri Waza (Basic Kicking Techniques)

1. Hiza Geri
2. Kin Geri
3. Maegeri Keage Jodan
4. Mawashigeri Keage
5. Maegeri Kekomi Jodan
6. Mae Kansetsu Geri
7. Mawashigeri Kekomi Chudan
8. Sokuto Geri Chudan
9. Surikomi Mawashigeri Keage Chudan
10. Surikomi Sokuto Geri Chudan
11. Ushirogeri (hiza)
12. Maegeri, Mawashigeri Chudan – same leg
13. Ushirogeri Chudan
14. Ura Mawashigeri Chudan



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Kihon Uke Waza (Basic Blocking Techniques)

1. Jodan Uke, Gyakuzuki
2. Soto Uke, Gyakuzuki
3. Uchi Uke, Gyakuzuki
4. Gedan Barai, Gyakuzuki
5. Shuto Uchi Uke Jodan
6. Chudan Uchi Uke Gedan Barai
7. Juji Uke (Jodan and Chudan)
8. Mae Gedan Barai Gyakuzuki
9. Morote Uke

Renraku Waza (Combinations Techniques)

1. Maegeri Chudan, Tobikomizuki Jodan.
2. Maegeri Gyakuzuki Chudan
3. Surikomi Maegeri Chudan, Tobikomizuki Jodan.
4. Surikomi Maegeri Gyakuzuki Chudan.
5. Mawashigeri, Gyakuzuki Chudan
6. Maegeri, Mawashigeri, Gyakuzuki Chudan
7. Surikomi Maegeri, Mawashigeri Gyakuzuki Chudan
8. Sokutogeri, Gyakuzuki Chudan
9. Mawashigeri, Ushirogeri, Gyakuzuki Chudan

Kata (Form)

1. Either Pinan Sono Ichi or Pinan Nidan.
2. Either Pinan Sono Ni or Pinan Shodan.
3. Either Pinan Sono San or Pinan Sandan.
4. Either Pinan Sono Yon or Pinan Yodan.
5. Either Pinan Sono Go or Pinan Godan.

Bunkai (Analysis)

1. Either Pinan Sono Ichi or Pinan Nidan.
2. Either Pinan Sono Ni or Pinan Shodan.
3. Either Pinan Sono San or Pinan Sandan.
4. Either Pinan Sono Yon or Pinan Yodan.

Enbu Kumite or Kihon Kumite

1. Pinan Sono Ichi Enbu Kumite or Kihon Kumite 1. Ikkyo & 2. Nikkyo at Level 3.
2. Pinan Sono Ni Enbu Kumite or Kihon Kumite 3. Sankyo at Level 3.

Examiner's Choice

Any 12 from Tsuki, Keri Uke and Renraku Waza in blue.

Jiyu Kumite (free Fighting)

Question Sheet for this grade

Dojo-Kun 1 to 6.