



\$30.00

Green Belt with black stripe

4th Kyu

- 7 Katas (open hand and weapon) must demonstrate Kime, shime and A-un.
- Tachi kata and cat stance across the mat
- Must be proficient at Fukyugata Ni
- Challenge of Sensei's choice
- Break board with Axe Kick
- Kata board breaking
- Make your own sword
- Terminology: techniques in every kata you do and previous terminology.
- Who composed the Pinan Katas and when

I helped at home doing these chores:

- 1.
- 2.
- 3.

Write a paper on this word: