4-2) Green Belt 2 Red Stripes

Dachi (Stances):

a) Moving in Kamate for 3 distance for fighting

Tsuki (Punches):

a) Hizo Shuto Uchi- Inside Knifehand to Ribs
b) Shuto Jodan Uchi Uchi- Outside Knifehand to Face

Uke/Barai (Blocks):

a) Shuto Uke (Mawashi, Chudan, Gedan)- Knifehand Block

Geri (Kicks):

a) Yoko Geri Jodan- Side Kick High
b) Ushiro Geri Jodan- Back kick High

Kata:

a) Sakugi Sono Ni

Sanbon Kumite:

a) *Attack*: Seiken Oi Tsuki Chudan
Defense: Seiken Chudan Uchi Uke + third step into:
Contra: Gyaku Tsuki Chudan
b) *Attack*: Mae Geri Chudan Chusoku
Defense: Mae Gedan Barai + third step into:
Contra: Gyaku Mawashi Geri Jodan (after we kick the leg forward to Zenkutsu Dachi)

Kumite:

a) Jiyu Kumite

Theory:

a) Knowledge of all techniques names