4th Kyu to 3rd Kyu Grading Guide (Purple to Red)

TACHI
Heisoku-dachi
Musubi-dachi
Heiko-dachi
Soto-hachiji-dachi
Naihanchin-dachi
Shiko-dachi
Moto-dachi
Zenkutsu-dachi
Kokutsu-dachi
Neko-ashi-dachi
Renoji-dachi
Sagiashi-dachi
Sanchin-dachi
Kosa-dachi

KIHON
Sei-ken choku-suki
Yoko-uke gyaku-suki
Jodan-age-uke gyaku-suki
Gedan-barai gyaku-suki
Yoko-uchi gyaku-suki
Ashi-barai / yoko-geri (x2 levels) / ushiro-geri / mikazuki-geri
Mae-ashi ura-mawashi-geri (x3)

IDO KHON
Oi-suki
Gyaku-suki
Yoko-geri
Oi-geri

KATA
Heian Godan

BUNKAI KUMITE
Oi-suki / yoko-uke, gyaku-suki
Oi-suki, oi-geri, maete-suki-jyodan / hiji-sasae-uke, kosa-uke-nidan (gedan/ jyodan), kentsui-uchi
Oi-geri / gedan-barai, yoko-barai, mawashi-hiji-ate
Oi-suki / kosa-uke, uraken-uchi
Oi-suki, oi-geri / hiji-sasae-uke, kokutsu-dachi-gedan-barai, gyaku-suki