

Kosho-kai Karate Dojo
Standards for Yonkyu - Purple Belt

Improved performance of all previous standards

Completion of purple belt history/knowledge sheet

Kihon Waza:

Kosa dachi

Kake uke

Mae tobi geri

O goshi

O soto gari

De ashi harai

Waza:

Ten No Kata 1 - 5

Shuri geri waza

Taezu Naru Waza 4

Juho waza (soft method techniques)

- Front bear hugs

- Rear bear hugs

Kata:

Empi Sho

Undo:

Jiju undo