

# 4th Kyu

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*Green Belt 3<sup>rd</sup> Tab*

## Kata

- Pinon 3
- Yantsu

## Stances

- Sanchin
- Sochin

## Kicks

- Cobra
- Ankle Kick
- Flying Yoko Geri (Flying Side Kick)
- Rolling Kick
- Butterfly Geri

## Sweeps

- Makiwara Punch
- Speed Conversion
- Body Conversion

## Popping & Kinking

- Seiken (Punches)
- Shuto
- Hiji (Elbow)

