



**CTK GREEN STRIPE TO CTK PURPLE BELT
(6TH KYU – 5TH KYU)**

Kihon: (Basic Techniques)

From Zenkutsu Dachi (Forward Stance):

4 forwards, turn, 4 forwards

- 1. Nidan-Zuki (Double Punch)**
- 2. Age-Uke-Gyaku Zuki (Rising Block-Reverse Punch)**
- 3. Soto-Uke-Gyaku Zuki (Outside Block-Reverse Punch)**
- 4. Uchi-Uke-Gyaku Zuki (Inside Block-Reverse Punch)**
- 5. Gedan-Barai-Gyaku Zuki (Low Block-Reverse Punch)**

From Kamae (fighting stance):

- 1. Mawashi Geri (Roundhouse Kick)**

From Kokutsu Dachi (Back Stance):

4 forwards, turn, 4 forwards

- 1. Shuto Uke-Nukite (Knifehand Block-Spearhand Thrust)**

Kata and Bunkai:

Heian Yondan

Kumite:

Jiyu Kumite (Free Sparring)