



**CTK PURPLE BELT TO CTK PURPLE STRIPE  
(5TH KYU – 4TH KYU)**

**Kihon: (Basic Techniques)**

**From Zenkutsu Dachi (Forward Stance):**

**4 forwards, turn, 4 forwards**

- 1. Sanbon-Zuki (Triple Punch)**
- 2. Age-Uke-Gyaku Zuki –Gedan Barai (Rising Block-Reverse Punch-Low Block)**
- 3. Uchi-Uke, Nidan Zuki, Gedan Barai (Inside Block, Double Punch, Low Block)**

**From Kamae (Fighting Stance):**

- 1. Ushiro Geri (Without Spin)**

**From Kokutsu Dachi (Back Stance):**

**4 forwards, turn, 4 forwards**

- 1. Shuto Uke, Kizami Mae Geri, Nukite (Knifehand Block, Front Kick, Spearhand Thrust)**

**Kata and Bunkai:**

**Heian Godan**

**Kumite:**

**Jiyu Kumite (Free Sparring)**