



**CTK PURPLE STRIPE TO CTK BROWN BELT  
(4TH KYU – 3RD 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. Soto-Uke, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki (Outside Block, Elbow Strike, Backfist, Reverse Punch)
4. Uchi-Uke, Nidan Zuki, Gedan Barai (Inside Block, Double Punch, Low Block)

**From Kamae (Fighting Stance):**

1. Ushiro Geri (Back Kick)

**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:**

**Tekki-Shodan**

**Kumite:**

**Jiyu Kumite (Free Sparring)**