

4th Kyu — Green Belt

INTERMEDIATE GRADES | Technical examination standard

Objective

Advanced combinations and developing ringcraft.

Required techniques

All beginner Skills and Techniques + Spinning back kick; controlled jumping front kick; lead eg sweep; feints; angles; pressure management.

Mandatory combinations

- Double Jab–Cross–Lead Hook–Roundhouse
- Front Kick–Jab–Cross–Roll–Cross –Lead Hook
- Jab–Cross–Lead Uppercut–Rear Uppercut–Lead Hook
- Front Kick–Cross–Lead Hook–Side Kick
- Jab–Cross–Pivot–Roundhouse
- Parry–Cross–Lead Hook–Back Kick
- Jab–Cross–Angle Exit–Spinning Back Kick
- Feint Jab–Axe Kick–Cross–Lead Hook–Roundhouse

Defensive application

Multi-attack cover; pivot and counter; evasive exits.

Practical examination

Eight combinations; 3 × 2-minute pads; six defensive applications.

Knowledge and conduct

Ring position, feints and discipline differences.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.

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POINTS AND TATAMI SPORTS EVENTS