

**Genbukai Canada**  
**4<sup>th</sup> kyu grading requirements**  
**Blue belt**

**\*All previous stances, blocks, hand, leg and combination technique requirements**

**KIHON**

Basic blocks with reverse punch  
Basic kicks with reverse punch  
Two kicks and reverse punch combinations  
Three kicks and reverse punch combinations  
Two kicks (same leg) and reverse punch combinations

**KUMITE KIHON**

Mae geri / mawashi geri (same leg), kizami tsuki, gyaku tsuki  
Shift in lead leg side thrust kick, gyaku tsuki  
Spinning back kick, reverse punch

**KUMITE**

One-step sparring	Kihon Ippon Kumite
Freestyle sparring	Jiyu Kumite
Semi-freestyle sparring	Jiyu Ippon Kumite

**KATA**

Kihon Kata  
Pinan Ni Dan  
Pinan Sho Dan  
Pinan San Dan  
Pinan Yon Dan  
Pinan Go Dan (new for this level)  
Sanchin  
Aoyagi (new for this level)  
Juroku (new for this level)