



**Nidan to Sandan
Level 4
Theme: Zanshin (Awareness)**

**White Stripe
Kihon (Basics)/Drills**

- Demonstrate Nage Waza (throws)- Research on YouTube
 - O-Goshi (Hip throw)
 - O-Uchi-Gari (Inner)
 - O-Soto-Garu (Outer)
 - Ippon Seionage (Shoulder)
 - O-Guruma (Wheel)
- Demonstrate 2 Hand Push Hands
- Demonstrate blocking a strike, pass hand to other hand and counter strike.

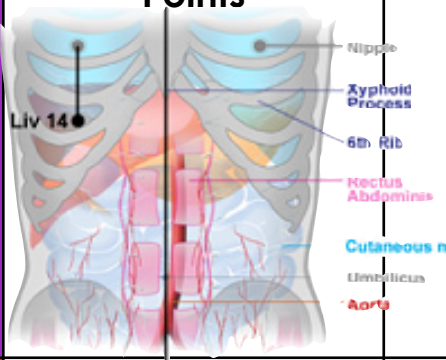
**Orange Stripe
Kata (form)**

Bunkai [Naihanchi Nidan](#)

**Gold Stripe
Principles/
Background/Culture**

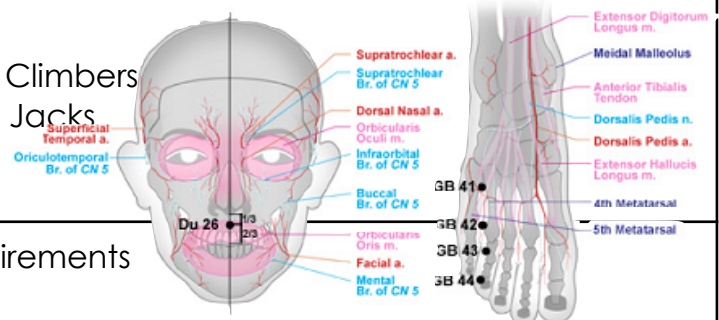
- Explain proper method of **Chi Sao** (Sticky Hands)
- Demonstrate Sticky control and sensitivity
 - Be sensitive, while maintaining contact and control.

**Purple Stripe
Conditioning/Self
Defense/Pressure
Points**



- Show location of **GV 26**
 - **Location:** In the depression between the nose and the upper lip
 - **Method:** Rub with a lateral motion using the fore-knuckles of the fist.
- Show location of **Liver #14 -LV14**
 - **Location:** At the medial margin of the rib cage at the merging of the sixth and seventh costal cartilage.
 - **Method:** Strike down and to the outside.
- Show location of **Gallbladder #41- GB41**
 - **Location:** It is located just in front of the bulge on the top of the foot where the bones of the fourth and fifth toes connect.
 - **Method:** Stomp or knuckle point.

- Physical Fitness Req. – Can still do Shodan Requirements of:
 - 1) 50 Push-ups
 - 2) 50 Sit-ups
 - 3) 50 Mountain Climbers
 - 4) 100 Jumping Jacks



**Nidan to Sandan
Level 4
9 Months**

- All Level 4 Requirements