

3rd Kyu – Brown Belt

Before attempting this grading, students must have trained at least 50 sessions for adults, and 70 sessions for juniors, since passing 4th kyu examination.

Must have good control.

Will be failed if three mistakes made.

Grading Fee: \$30.00 (must be paid in full before the grading date)

<u>Kihon Waza</u>	<u>(Basic Techniques)</u>
Kiba-zuki chudan	Horse stance and punch- stomach
Kiba-zuki jodan	Horse stance and punch- face
Gyaku-zuki, Uke	Reverse punch (1 face, 2 stomach, 3 stomach) and block (1 rising block, 2 outside block, 3 inside block)
Mae-geri	Front Kick
Yoko-geri Keage	Side snap kick
Kokutsu-dachi Shuto-uke, Zenkutsu-dachi Nukite	Back stance knife hand block - change to forward stance, spear hand thrust
Yoko-geri Kekomi	Side thrust kick
Mawashi -geri	Round house kick
Yoko-geri Kekomi from Zenkutsu dachi	Side thrust kick from front stance
Mae ashi geri, ushiro ashi geri	
Hiza geri	
<u>Ido Kihon Waza</u>	<u>(Basic Moving Techniques)</u>
Sanren zuki to sono kodan	
Mae-geri, jodan-chudan zuki to sono-uke, gyaku-zuki	Front kick, face + stomach punch; going back, blocks and reverse punch
Mae geri, mawashi geri, gyakuzuki to sono kodan	
Chudan mae-geri, jodan mae-geri, gyaku zuki to sono kodan	
Mae ashi geri, ushiro ashi geri to sono kodan	
<u>Kata</u>	
Tekki Shodan	
Favourite Heian kata	
<u>Kumite</u>	
Kihon Ippon Kumite	One-step attack add round house kick + side thrust kick Other side block, reverse punch

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Jiyu Ippon Kumite	
Shiai Kumite	
Jissen Kumite	
Hip, Shoulder, + Neck Throws + Break falls	
inner + outer reaping throws	
add 3 wrist controls to take down and controls	