

### 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><b>Kihon Waza</b></u>                                  | <u><b>(Basic Techniques)</b></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 (Heisoku-dachi)                           | Side snap kick (closed feet stance)  |
| Yoko-geri Kekomi from Zenkutsu dachi                      | Side thrust kick from front stance   |
| Mawashi -geri   | Round house kick   |
| Kokutsu-dachi Shuto-uke, Zenkutsu-dachi Nukite            | Back stance knife hand block - change to forward stance, spear hand thrust                               |
| <b>Mae ashi geri, ushiro ashi geri</b>                    | <b>Front leg , front kick, Back leg front kick (in place)</b>  |
| <b>Hiza geri</b>  | <b>Knee strike ( examiner's order)</b>   |
| <u><b>Ido Kihon Waza</b></u>                              | <u><b>(Basic Moving Techniques)</b></u>  |
| Sanren zuki to sono kodan                                 | Moving forward, Face and 2 stomach punches; going back, blocks and reverse punch                         |
| 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, gyaku zuki to sono kodan          | Front kick, Round house kick, reverse punch; going back, blocks and reverse punch                        |
| Chudan mae-geri, jodan mae-geri, gyaku zuki to sono kodan | Front kick stomach, Front kick face, reverse punch; going back, blocks and reverse punch                 |
| Mae ashi geri, ushiro ashi geri to sono kodan             | Front leg front kick in place, step through Front kick; going back, blocks and reverse punch             |
| <u><b>Kata</b></u>  |  |
| Tekki Shodan  |  |
| Favourite Heian kata                                      |  |
| <u><b>Kumite</b></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        | Semi Free (call technique first)               |
| Shiai Kumite             | tournament style                               |
| Jissen Kumite            |  |
| <b>Throws</b>            | inner + outer reaping throws                   |
|                          | Hip, Shoulder, + Neck Throws + Break falls     |
|                          | add 3 wrist controls to take down and controls |
| <b>Kobudo - Optional</b> |  |
| Bo Basics (10)           |  |
| Shushi no Kon Sho        | 1st bo kata                                    |
| Maezato no Nunchacku     | 1st nunchaku kata                              |