

### 3rd Kyu – Brown Belt

Before attempting this grading, suggested number of training sessions for students: 50 sessions for adults, and 70 sessions for juniors, since passing 4th kyu examination.

Must have good control.

Grading Fee: \$40.00 (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 (with Bunkai)	
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
Jiyu Ippon Kumite	Semi Free
Shiai Kumite	tournament style
Jissen Kumite	
<u><b>Throws</b></u>	inner + outer reaping throws
	Hip, Shoulder, + Neck Throws + Break falls
	add 4 wrist controls to take down and controls
<u><b>Kobudo - Optional</b></u>	
Bo Basics (1st 5)	
Maezato no Tekko	