



3rd Kyu - Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Junzuki No Tsukkomi.
3. Kette Gyakuzuki.
4. Kette Gyakuzuki No Tsukkomi.
5. Tobikomizuki.
6. Nagashizuki.
7. Mawashigeri.
8. Ushirogeri Chudan.
9. Sokuto Chudan.

Renraku Waza (Combination Techniques)

1. Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Uraken Jodan.
2. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.
3. Surikomi Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Uraken Jodan.

Kata (Form)

- Kushanku
- One Pinan Kata (Chosen by student)

Ohyo Gumite (Semi-Free Fighting)

- Ipponme (1)
- Nihonme (2)
- Yohonme (4)

Kihon Gumite

- Ipponme (1)