3RD Kyu – Brown/White Belt Requirements
(Test with Japanese Terminology)

KIHON (Basics)

Hand Techniques – Moving forward & backward
Step back w/ right leg, GEDAN BARAI (Resetting back to kamae after each set)
5 sets NO count from kamae:
A) Shift in KIZAMI JODAN, Step in OI-ZUKI JODAN, GYAKU-ZUKI CHUDAN
B) Step back AGE UKE, URAKEN JODAN, GYAKU-ZUKI CHUDAN
C) Step forward UCHI UKE, KIZAMI JODAN, GYAKU-ZUKI CHUDAN
D) Step back UDE UKE (SOTO UKE), EMPI (KIBA DACHI), URAKEN JODAN, GYAKU-ZUKI CHUDAN
E) Step forward GEDAN BARAI, URAKEN JODAN, GYAKU-ZUKI CHUDAN
F) Step back SHUTO UKE, KIZAMI MAE GERI, NUKITE CHUDAN

Kicking Techniques
Step back w/ right leg, GEDAN BARAI into Zenkutsu Dachi
3 sets NO count from kamae:
A) NIDAN MAE GERI KEAGE – Chudan, Jodan – Mawate (turn)
B) NIDAN MAE GERI KEKOMI – Chudan, Jodan – Mawate (turn)
C) MAE NIDAN TOBI GERI – Mawate (turn)
D) NIDAN MAWASHI GERI – Chudan, Chudan - Mawate (turn)
5 times NO count from kamae:
E) YOKO GERI KEAGE CHUDAN – Mawate (turn)
F) YOKO GERI KEKOMI CHUDAN – Mawate (turn)
G) MIKAZUKI GERI – Mawate (turn)
H) USHIRO GERI KEKOMI CHUDAN – Mawate (turn)

Controlled Punching – move around free style – using kizami jodan, gyaku-zuki chudan or jodan
*demonstrating proper distance & hip action

KATA (Forms)
A) Heian Shodan to Godan (at Random with Bunkai)
B) Tekki Shodan “Iron Horse #1”

KUMITE (Sparring)
Jyu Ippon Kumite – RIGHT side attack (A TEST add LEFT side attack)
A) OI-ZUKI JODAN
B) OI-ZUKI CHUDAN
C) MAE GERI CHUDAN
D) YOKO GERI CHUDAN
E) MAWASHI GERI CHUDAN OR JODAN
F) USHIRO GERI CHUDAN