

Shawn Danaher's
CAMARILLO SHOTOKAN KARATE-DO



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