

3rd Kyu (Brown Belt)



ZUKI WAZA (PUNCHES)

Oi-zuki Sambon-----Three Lunge Punch's
Kizami zuki/Gyakuzuki -----Jab punch/Reverse Punch, in and out with pull back.
(Three of each, also moving backwards)

UKE – KERI – ZUKI – UCHI = WAZA (COMBINATIONS)

Age-uke/Gyakuzuki/Gedan Barai-----Upper Block/Reverse Punch/Downward Sweep.
Soto-uke/Empi/Uraken/Gyakuzuki---Outside Block/Elbow Strike/Back fist/Reverse Punch
Soto-uke/Empi/Uraken/Gyakuzuki/Gedan Barai---Outside Block/Elbow Strike/Back fist/Reverse Punch/Downward block

Uchi-uke/Kizami zuki/Gyakuzuki-----Inside Block/Jab punch/Reverse Punch
Shuto-Uke/Maegeri/Nukite-----Side of hand Block/Front kick/Spear hand.

(Block & Block in Back Stance) (Three of each) (Same going backwards)

Mae-geri keage/Oi-zuki/Gyakuzuki-----Front Kick/Lunge punch/Reverse Punch.

Mawashi-geri/Gyakuzuki-----Roundhouse Kick/Reverse Punch.

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

Ushiro-geri -----Back heel Thrust Kick

(The above in Zenkutsu-dachi -----Front Stance)

Yoko-geri-sokuto-keage-----Side Kick/Edge of foot/Snap Kick

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

(The above in Kiba-dachi-----Side Stance)

Mae-Geri/Yoko Geri/Ushiro Geri-----Three Kicks on the same leg.

(Three of each)

KATA

Heian Shodan

Heian Nidan

Heian Sandan

Heian Yondan

Heian Godan

New-Tekki Shodan

New-Jinn (At least three of these)

KUMITE (Sparing)

Ippon-Kumite (Kaeshi)-----One Step (The defender counter attacks).

Jiyu-Ippon Kumite-----Free Style One Step.

Jiyu-Kumite-----Free Style

PAD WORK: Lunge Punch – Reverse Punch- Front Kick – Roundhouse Kick