



## 3<sup>rd</sup> KYU - BROWN BELT

Commands during this examination will be given in English and Japanese

### KIHON

No	Technique	Stance	Procedure
5	Sanbon Zuki	Zenkutsu	Forward turn the same back
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/ Kiba	Forward and back
5	Uchi Ude Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke/Nukite	Kokutsu / Zenkutsu	Forward and back
5	Ushiro Geri	Zenkutsu	Forward turn the same back
3	Same leg: Mae Geri to the front Kekomi to the side	Zenkutsu	Facing front
3	Ren Geri Mae Geri/Mawashi Geri	Zenkutsu	Forward turn the same back
3	Ren Geri Mae Geri/Yoko Geri Kekomi	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back

### The following Basics from Jiyu Dachi

(Sliding) Kizami Zuki, Gyaku Zuki, Uraken Uchi  
(Stepping) Mae Geri, Kekomi and Mawashi Geri

### KUMITE

#### Kihon Ippon Kumite

#### Sets 1 to 3

Juniors and Seniors both sides no count

#### Jiyu Ippon Kumite

#### Set 1

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only no count

### KATA

#### Tekki Shodan

Full Grade Juniors and Seniors no count (full Kata)  
Intermediate grades no count up to first Kiai (half Kata)

Plus any previous Kata (no count)