

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

### BASICS

| <u>No</u> | <u>Technique</u>                    | <u>Procedure</u>           |
|-----------|-------------------------------------|----------------------------|
| 5         | Mae Geri/Sanbon Zuki                | Forward turn the same back |
| 5         | Age Uke/Gyaku Zuki/Gedan Barai      | Forward and stepping back  |
| 5         | Soto Ude Uke/Gyaku Zuki/Gedan Barai | Forward and stepping back  |
| 5         | Uchi Uke/Gyaku Zuki/Gedan Barai     | Forward and stepping back  |
| 5         | Shuto Uke/Nukite /Shuto Uke         | Forward and stepping back  |
| 5         | Gedan Barai/Gyaku Zuki/Gedan Barai  | Forward and stepping back  |
| 5         | Uraken/Gyaku Zuki/Gedan Bari        | Forward turn the same back |
| 5         | Mae Geri/Mawashi Geri               | Forward turn the same back |
| 5         | Mae Geri/ Kekomi                    | Forward turn the same back |
| 5         | Keage (from kiba dachi)             | Forward turn the same back |

### **Following Basics from Jiyu Dachi Stance**

Mae Geri, Uraken, Gyaku Zuki

Stepping forward

### KUMITE

Kihon Ippon Kumite

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Set 2.

Jodan, Chudan, Mae Geri, Kekomi and Mawashi Geri

Intermediate grade 1 side only to count

Full Grade and Seniors both sides no count

### KATA

Heian Yondan

(see pages 122 - 130)

Junior intermediate grades - to count up to first Kiai

(half kata)

Senior and full grades - no count (full Kata)

Plus any previous Kata