



# 3rd Kyu Brown Belt Test.

Minimum 12 Months from Last Grading.

NAME	
CLUB	

## KIHON WAZA – BASICS

Junzuki (Front Punch)
Kette Junzuki (Kick Front Punch)
Junzuki Tsukkomi (Leaning Punch to the Head)
Kette Junzuki Tsukkomi (Kick Leaning Punch to the Head)
Gyakuzuki Chudan (Reverse Punch Body)
Kette Gyakuzuki (Kick – Reverse Punch Body)
Gyakuzuki Tsukkomi (Leaning Reverse Punch)
Kette Gyakuzuki Tsukkomi (Kick Leaning Reverse Punch)
Haito (Inner Ridge Hand Strike)
Shotei (Palm Hand Strike)
Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)

## KERI WAZA – KICKS

Sokuto Chudan or Jodan (Side Kick Body or Head)
Ushirogeri Chudan (Back Kick Body)
Nidangeri (Jumping Kick (2 Kicks))
Uchi Mikazukigeri (Inner Crescent Kick)
Ura Mawashigeri (Reverse Round Kick (Hook Kick))
Kosoto Ashi Barai (Foot Sweep off the Back Leg)

## UKE WAZA – BLOCKS

Jodan Uke (Head Block)
Gedan Barai (Lower Block)
Soto Uke (Outer Block)
Uchi Uke (Inner Block)
Shuto Uke (Knife Block in Back Stance)
Kake Uke (Hooking Block in Back Stance)
Sukui Uke (Scooping Block in Horse Stance)
Juji Uke (X block)

## RENRAKU WAZA – SHORT COMBINATIONS

Surikomi Maegeri Chudan – Kiai (One Step Front Kick Body - Shout)
Ayumiashi Mawashigeri Chudan - Kiai (Full Step Forward Round Kick Body - Shout)
Tsugiashi Sokuto Chudan - Kiai (Step up Side Kick Body - Shout)
Yoriashi Uraken Jodan - Kiai (Sliding Forward Back Fist Head - Shout)

### RENRAKU WAZA – LONG COMBINATIONS

	Ura Ayumiashi Sotouke Jodan – Maegeri Chudan – Gyakuzuki Chudan – Surikomi Uramawashigeri Jodan – Gyakuzuki Chudan – Kiai <b>(One Step Back Outer Block – Front Kick Body - Reverse Punch Body – One Step Hook Kick – Reverse Punch Body – Shout)</b>
	(Tobikomizuki x 2 Jodan / Gyakuzuki Chudan) – Tsugashi Sokuto Chudan – Ushirogeri Chudan – Gyaku Shotei Jodan – Kiai <b>((Punching Combination 2 Jabs Head – Reverse Punch Body)) – Step up Side Kick Body – Back Kick Body – Reverse Palm Hand Strike Head – Shout)</b>
	Yoriashi Haito Jodan - Gyaku Shotei Jodan - Surikomi Ura Mawashigeri Jodan – Maekekomi Chudan - Kiai. <b>(Sliding Forward Ridge Hand Head – Reverse Palm Hand Strike Head – One Step Hook Kick Head – Thrusting Front Kick Body – Shout)</b>

### KATA LIST 1 *(Panel Will Pick 3)*

	Nidan, Shodan, Sandan, Yodan or Godan.
	1.
	2.
	3.

### GRADE KATA *(The Student Must Complete This Kata).*

	Kushanku
	Bunkai Application 1
	Bunkai Application 2

### PAIR WORK

	Kihon Gumite – 4
	Ohyo Gumite – 4

### SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 Knife
	1 Street Situation
	1 From a Choke.
	1 Throw/Sweep
	1 of Your Choice.

	JI YU KUMITE – <b><i>(Free Fighting / Sparring) (Please Bring Sparring Kit)</i></b>
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### NOTES - COMMENTS.