

## 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