

# 3<sup>rd</sup> KYU

(Brown Belt)

## KIHON

Step	Tachi (Stance)	Waza (technique)	Level/direction	Times		
1	Zenkutsu Dachi	Gedan Barai				
		Oi Zuki	Fwd			
		Gyaku Zuki	Fwd			
		Ren Zuki	Fwd			
		Sanbon Zuki	Fwd			
		Tate Zuki	Fwd			
		Age Uke / Gyaku Zuki	Back			
		Uchi Uke / Kizami Zuki / Gyaku Zuki	Back			
		Soto Uke / Yoko Empi (Kiba) / Uraken / Gyaku Zuki	Back			
		Gedan Barai / Uraken / Gyaku Zuki	Back			
		Shuto Uke / Kizami Geri / Nukite	Back			
		Kamae-Te	Mae Geri / Gyaku Zuki		Fwd	
				Yoko Geri Kekomi / Gyaku Zuki	Fwd	
		Mawatte	Ura Mawashi Geri / Gyaku Zuki		Fwd	
				Ushiro Geri / Gyaku Zuki	Fwd	
				Ushiro Mawashi Geri / Gyaku Zuki	Fwd	
		2	Zenkutsu Dachi	Shiho Uke		
				Tate Empi Uchi	Shiho	4
				Otoshi Tetsui	Shiho	4
Yoko Uraken	Shiho			4		
3	Zenkutsu Dachi	Shiho Uke Gyaku Hanmi				
		Soto Shuto Uchi	Shiho	4		
		Haito Uchi	Shiho	4		
		Keito Uchi	Shiho	4		
4	Kiba Dachi	Shiho Uke				
		Teisho Uchi	Shiho	4		

ビルキルカラ

空手

道場

		Haishu Uchi	Shiho	4
		Kakuto Uchi	Shiho	4
5	Neko Ashi Dachi	Shiho Uke		
		Kumade Uchi	Shiho	4
		Seiryuto Uchi	Shiho	4
		Washide Uchi	Shiho	4

## KUMITE

a) Kihon Ippon Kumite

Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri / Ura Mawashi /  
Ushiro Geri

b) Jiyu Ippon Kumite

Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri / Ura Mawashi /  
Ushiro Geri

## KATA

a) Heian Godan

b) Tekki Shodan

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