

3rd Kyu – Brown
(Eighth Belt/Grade)

Minimum Training Time:
6 Months (24 Weeks)

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

Kaishu Waza

1. Haishu Uchi (Jodan (Cheek)) [FA]
2. (Shotei) Teisho Uchi (Gedan (Kin))
3. Yonhon Nukite (Jodan (Throat))

ENGLISH

Open Hand

1. Back Hand Slap (Head (Cheek)) [FA]
 2. Palm Heel (Low (Groin))
 3. Spear Hand Strike (Head (Throat))
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Ken (Ippon Ken) Waza

1. Nakadaka Ippon Ken (Chudan) [BA]
2. Hitosashi Ippon Ken (Jodan (Eye))

Fist (One Knuckle)

1. Middle Knuckle Punch (Body) [BA]
 2. Forefinger Knuckle Punch (Head (Eye))
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Empi Uchi Waza

1. Otoshi Empi Uchi (Jodan) [BA]
2. Age Empi Uchi (Jodan) [FA]
3. Mae Empi Uchi (Chudan) [BA]

Elbow Strikes

1. Dropping Elbow Strike (Head) [BA]
 2. Upward Elbow Strike (Head) [FA]
 3. Front Elbow Strike (Body) [BA]
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Keri Waza

1. Sokuto (Jodan) [FL]
2. Tobi Yokogeri (Jodan) [FL]
3. Tobi Ura Mawashigeri (Jodan) [BL]
4. Josokutei Mawashigeri (Jodan) [FL]
5. Ushirogeri (Hiza / Chudan) [Same Leg]

Kicks

1. Side Kick (Head) [FL]
 2. Jumping Side Kick (Head) [FL]
 3. Jumping Hook Kick (Head) [BL]
 4. Ball of Foot Roundhouse Kick (Head) [FL]
 5. Back Kick (Knee / Body) [Same Leg]
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Renraku Waza

1. Maegeri
/ Mawashigeri
/ Yokogeri
/ Ura Mawashigeri
[Same Leg]
– Uraken (Jodan)
– Gyakuzuki (Chudan)
– Maegeri (Chudan) [BL]
2. Maegeri (Chudan)
– Mawashigeri (Chudan)
– Yokogeri (Chudan)
– Ushirogeri (Chudan)
[Alt Legs]
– Uraken (Jodan)
– Gyakuzuki (Chudan)
– Uraken (Jodan)
– Tetsui Uchi (Jodan)
[Alt Arms]
3. Uraken (Jodan) [FA]
– Mawashizuki (Chudan) [BA]
– Mawashigeri (Chudan)
/ Yokogeri (Chudan)
[Same Leg]
– Ushirogeri (Jodan) [Opp Leg]
– Gyakuzuki (Chudan)
4. Suriashi Ura Mawashigeri (Chudan) [FL]
– Ushirogeri (Chudan)
– Mawashigeri (Jodan)
[Alt Legs]
– Uraken (Jodan) [FA]
– Gyakuzuki (Chudan)
5. Tobi Maegeri (Jodan) [FL]
– Uraken (Jodan) [FA]
– Gyakuzuki (Chudan)
– Ashi Barai [BL]
– Furizuki (Jodan) [BA]

Combination Techniques

1. Front Kick
/ Roundhouse Kick
/ Side Kick
/ Hook Kick
[Same Leg]
– Back Fist (Head)
– Reverse Punch (Body)
– Front Kick (Body) [BL]
2. Front Kick (Body)
– Roundhouse Kick (Body)
– Side Kick (Body)
– Back Kick (Body)
[Alt Legs]
– Back Fist (Head)
– Reverse Punch (Body)
– Back Fist (Head)
– Bottom Fist Strike (Head)
[Alt Arms]
3. Back Fist (Head) [FA]
– Roundhouse Punch (Body) [BA]
– Roundhouse Kick (Body)
/ Side Kick (Body)
[Same Leg]
– Back Kick (Head) [Opp Leg]
– Reverse Punch (Body)
4. Sliding Hook Kick (Body) [FL]
– Back Kick (Body)
– Roundhouse Kick (Head)
[Alt Legs]
– Back Fist (Head) [FA]
– Reverse Punch (Body)
5. Jumping Front Kick (Head) [FL]
– Back Fist (Head) [FA]
– Reverse Punch (Body)
– Foot Sweep [BL]
– Swing [*Bolo*] Punch (Head) [BA]

Sanbon Gumite (Pairs)

1. Chudan Uchi Uke
– Empi
2. Chudan Soto Uke
– Maegeri
– Gyakuzuki
3. Jodan Uke Ipponme
4. Jodan Uke Nihonme
5. Jodan Uke Sanbonme
6. Jodan Uke Yonhonme

3 Step Fighting (Pairs)

1. Inside Body Block
– Elbow Strike
2. Outside Body Block
– Front Kick
– Reverse Punch
3. Head Block Number One
4. Head Block Number Two
5. Head Block Number Three
6. Head Block Number Four

Ohyo Gumite

(Pairs)

1. Ohyo Gumite Ipponme
2. Ohyo Gumite Nihonme
3. Ohyo Gumite Sanbonme
4. Ohyo Gumite Yonhonme
5. Ohyo Gumite Gohonme

Semi Free Fighting

(Pairs)

1. Semi Free Fighting One
2. Semi Free Fighting Two
3. Semi Free Fighting Three
4. Semi Free Fighting Four
5. Semi Free Fighting Five

Kihon (Yakusoku) Kumite

(Pairs)

1. Kihon Kumite Ipponme
2. Kihon Kumite Nihonme
3. Kihon Kumite Sanbonme
4. Kihon Kumite Yonhonme
5. Kihon Kumite Gohonme

Basic Sparring

(Pairs)

1. Basic Sparring One
2. Basic Sparring Two
3. Basic Sparring Three
4. Basic Sparring Four
5. Basic Sparring Five

Traditional

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| 1. Tobikomizuki (Jodan) | 1. Sliding Snap Punch (Head) |
| 2. Nagashizuki (Jodan) | 2. Sliding Twisting Snap Punch (Head) |
| 1. Junzuki (Chudan)
– Mawatte Jodan Uke | 1. Lunge Punch (Body)
– Turn Rising Head Block |
| 2. Kette Junzuki (Chudan)
– Mawatte Jodan Uke | 2. Kick Lunge Punch (Body)
– Turn Rising Head Block |
| 3. Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke | 3. Leaning Lunge Punch (Head)
– Turn Rising Head Block |
| 4. Kette Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke | 4. Kick Leaning Lunge Punch (Head)
– Turn Rising Head Block |
| 5. Gyakuzuki (Chudan)
– Mawatte Gedan Barai | 5. Reverse Punch (Body)
– Turn Downward Block |
| 6. Kette Gyakuzuki (Chudan)
– Mawatte Gedan Barai | 6. Kick Reverse Punch (Body)
– Turn Downward Block |
| 7. Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai | 7. Leaning Reverse Punch (Groin)
– Turn Downward Block |
| 8. Kette Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai | 8. Kick Leaning Reverse Punch (Groin)
– Turn Downward Block |
| 1. Shuto Uke
(Mahanmi Nekoashi Dachi) | 1. Knife Hand Block
(Side Cat Stance) |
| 2. Moroto Uke
(Mahanmi Nekoashi Dachi) | 2. Double Forearm Block
(Side Cat Stance) |

Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto

Forms

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four
5. Peaceful Mind Five
6. (Chinese Diplomat) / Viewing the Sky
7. Iron Horse
8. Fighting to the East

Jiyu Kumite

(Light Contact with Protective Equipment)
(3 X 3 Minutes)

Goshin Jutsu (X 6)

Makiwara
(3 X 3 Minutes)

Sparring

(Light Contact with Protective Equipment)
(3 X 3 Minutes)

Self Defence (X 6)

Pad Work
(3 X 3 Minutes)

Sempai Training *(Teach Beginners)*

1. Junzuki (Chudan)
– Mawatte Jodan Uke
2. Kette Junzuki (Chudan)
– Mawatte Jodan Uke
3. Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke
4. Gyakuzuki (Chudan)
– Mawatte Gedan Barai
5. Kette Gyakuzuki (Chudan)
– Mawatte Gedan Barai
6. Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai

Teaching Ability *(Teach Beginners)*

1. Lunge Punch (Body)
– Turn Rising Head Block
2. Kick Lunge Punch (Body)
– Turn Rising Head Block
3. Leaning Lunge Punch (Head)
– Turn Rising Head Block
4. Reverse Punch (Body)
– Turn Downward Block
5. Kick Reverse Punch (Body)
– Turn Downward Block
6. Leaning Reverse Punch (Groin)
– Turn Downward Block