

**8<sup>th</sup> Kyu - Yellow**  
**(Third Belt/Grade)**

**Minimum Training Time:**  
**3 Months (12 Weeks)**

---

**Technical Requirements:**  
**(All Techniques Performed In Both Stances)**

---

**JAPANESE**

**ENGLISH**

**Tsuki Waza**

**Punches**

1. Mawashizuki (Chudan) [BA]
2. Otoshi Tetsui Uchi (Jodan)

1. Roundhouse Punch (Body) [BA]
2. Dropping Hammer Fist Strike (Head)

---

**Empi Uchi Waza**

**Elbow Strikes**

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

1. Round Elbow Strike (Head) [FA]
2. Dropping Elbow Strike (Head) [FA]
3. Front Elbow Strike (Body) [FA]

---

**Keri Waza**

**Kicks**

1. Nidan Geri  
(Chudan) [BL] / (Jodan) [FL]
2. Maegeri (Jodan) [FL]
3. Sokuto Yokogeri Chudan [BL]
4. Kokatogeri (Jodan) [BL]
5. Fumiko Sokuto (Hiza) [FL]

1. Jumping Scissors Front Kick  
(Body) [BL] / (Head) [FL]
2. Front Kick (Head) [FL]
3. [Blade Edge] Side Kick (Body) [BL]
4. Axe Kick (Head) [BL]
5. Stamping Side Kick (Knee) [FL]

---

**Renraku Waza**

**Combination Techniques**

1. Maegeri (Chudan)
  - Mawashigeri (Chudan) [BL]
  - Chokuzuki (Jodan) [FA]
  - Gyakuzuki (Jodan) [BA]
2. Renzuki Chokuzuki (Jodan) [FA]
  - Gyakuzuki (Chudan) [BA]
3. Surikomi Maegeri (Chudan) [FL]
  - Chokuzuki (Jodan) [FA]
  - Gyakuzuki (Chudan) [BA]
  - Fumiko Sokuto (Hiza) [BL]
4. Chokuzuki (Jodan) [FA]
  - Gyakuzuki (Chudan) [BA]
  - Maegeri (Chudan) [BL] [*Land Forward*]
  - Mawashigeri (Jodan) [BL] [*Land Forward*]
  - Gyakuzuki (Chudan) [BA]

1. Front Kick (Body)
  - Roundhouse Kick (Body) [BL]
  - Snap Punch (Head) [FA]
  - Reverse Punch (Head) [BA]
2. Sliding Snap Punch (Head) [FA]
  - Reverse Punch (Body) [BA]
3. One Step Front Kick (Body) [FL]
  - Snap Punch (Head) [FA]
  - Reverse Punch (Body) [BA]
  - Stamping Side Kick (Knee) [BL]
4. Snap Punch (Head) [FA]
  - Reverse Punch (Body) [BA]
  - Front Kick (Body) [BL] [*Land Forward*]
  - Round Kick (Head) [BL] [*Land Forward*]
  - Reverse Punch (Body) [BA]

## Traditional

- |  |   |
|--|---|
| 1. Tobikomizuki (Jodan)                        | 1. Sliding Snap Punch (Head)  |
| 2. Junzuki (Chudan)<br>– Mawatte Jodan Uke     | 2. Lunge Punch (Body) [ <i>Moving Forward</i> ]<br>– Turn Rising Head Block |
| 3. Gyakuzuki (Chudan)<br>– Mawatte Gedan Barai | 3. Reverse Punch (Body) [ <i>Moving Forward</i> ]<br>– Turn Downward Block  |
| 4. Shuto Uke<br>(Mahanmi Nekoashi Dachi)       | 4. Knife Hand Block<br>(Side Cat Stance)                                    |
- 

## Kata

1. Pinan Nidan
- 

## Forms

1. Peaceful Mind Two
- 

## **Jiyu Kumite**

*(Light Contact with Protective Equipment)*

**Goshin Jutsu (X 3)**

---

## **Sparring**

*(Light Contact with Protective Equipment)*

**Self Defence (X 3)**

---