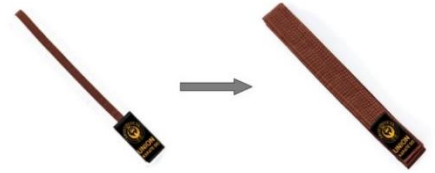




Brown Belt 3rd Kyu



1- SONABA TSUKI & UCHI WAZA: (Punching & Striking Techniques on The Spot)

Shiko Dachi

Kihon Sonoba Uchi / Zuki – **1.1-** Jodan Tateken Zuki (Vertical Fist Strike to Head), **1.2-** Chudan Tetsui Uchi (Hammer Fist Strike), **1.3-** Age Zuki (Rising Punch), **1.4-** Chudan Kakete (Hook Hand), **1.5-** Jodan Shotei (Palm Hand Strike), **1.6-** Jodan Tateken Zuki Kaeshi Chudan Tetsui Uchi Chudan Age Zuki (Vertical Head Punch, Hammer Fist Strike Using the same Arm, Rising Punch to Body), **1.7-** Jodan Kakuto Kaeshi Kakete Jodan Shotei (Wrist Strike Using the same Arm Hook Hand, Palm Hand Strike)

2- SONABA NIDO KERI WAZA: (Double Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)

Nido Sonaba Geri – **2.1-** Ushiro Kakato Geri (Reverse Heel Kick Twice), **2.2-** Mikazuki Geri Uke (Crescent Kick Block Twice), **2.3-** Nami Ashi (Inside Snapping Block Twice), **2.4-** Jodan Ura Mawashigeri (Hook Kick Twice)

3- KETTE / AYUMI ASHI KIHON: (Kick then techniques moving forward)

Kette / Junzuki Dachi (Forward Punching Stance) **3.1-** Chudan Zuki, **3.2-** Jodan Uke, **3.3-** Gedan Barai, **3.4-** Gaiwan Uke, **3.5-** Naiwan Uke (Moving Forwards, Kick / Body Punch, Blocking Upper, Lower, Middle) **3.6-** Kette Gyakuzuki (Kick / Forward Reverse Punch) **3.7-** Junzuki No Tsukkomi, **3.8-** Gyakuzuki No Tsukkomi, **3.9-** Ayumi Ashi Manji Uke, (Stepping Through Executing Jodan Gaiwan Uke with One Hand Gedan Barai With the Other Whilst Leaning Back) **3.10-** Tobikomi Nagashizuki (Jumping Parry Punch)

4 - RENRAKU WAZA: (Combination Techniques)

Hanmi Gamae, (Fighting Stance), **4.1-** Kaiten Ura Mawashigeri Jodan, Nami Ashi, Gyakuzuki Chudan, (Rotating Hook Kick to The Head, Inside Leg Snapping Block, Reverse Punch to The Body)
Hanmi Gamae, (Fighting Stance), **4.2-** Hikiashi Kin Geri, Jodan Shotei, Chudan Age Zuki, (Pull Front Leg Back, Groin Kick with The Back Leg, Palm hand Strike to The Head, Rising Punch To The Body)

5 – TANTO DORI: (Knife Defence) GOSHIN HO (Self Defence) OYO WAZA (Pair Work)

- 5.1a-** Ai No Te Dori, (Ukemi And Torimi both in Migi Shizentai, (Right Stance) Ukemi Grabs Torimi's Right Wrist with Right Hand. Must Incorporate a Kari Ate (Surprise Attack)
- 5.1b –** Gyaku No Te Dori, (Ukemi And Torimi both in Migi Shizentai, (Right Stance) Ukemi Grabs Torimi's Left Wrist with Right Hand. Must Incorporate a Kari Ate (Surprise Attack) **5.5c -** Ukemi with Tanto Chudan X3 (Attack with a Knife to the Body) **5.5c** Torimi Any Defence X 3

6 – TONFA: (Weapons Combination)

7 - KATA: (Sequence of Techniques with Form)

7.1- Pinan Yondan and **7.2-** Pinan Godan **7.3-** Tonfa Kata

8 - JI YU KUMITE: (Free Fighting) Three Exchanges

9 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

10 - TAMESHIWARI: Break the Red Board



ALL OF OUR GRADES ARE
NATIONALLY RECOGNISED

