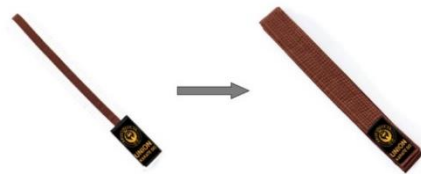


To Achieve Brown Belt 3rd Kyu



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

Shiko Dachi/ (Horse Riding Stance), 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/ (Kick Twice), – **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 with a Kick), **3.1** - Kette Chudan Zuki/ (Kick/ Forward Punch) **3.2** - Kette Jodan Uke/ (Kick/ High Block), **3.3** - Gedan Barai/ (Kick/ Low Block), **3.4** - Gaiwan Uke/ (Kick/ Outside Block), **3.5** - Naiwan Uke/ (Kick/ Inside Block), **3.6** - Kette Gyakuzuki/ (Kick/ Forward Reverse Punch), **3.7** - Junzuki No Tsukkomi/ (Leaning Forward Punch) **3.8** - Gyakuzuki No Tsukkomi/ (Leaning Forward Reverse Punch) **3.9** - Ayumi Ashi Manji Uke/ (Stepping Through Executing Jodan Outside Block with One Hand Low Block 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 – GOSHIN HO/ TANTO DORI / TACHI DORI: (Self Defence/ Knife Defence/ Sword Defence)

5.1a - Goshin Ho, Ai No Te Dori, Ukemi and Torimi both in Migi Shizentai, (Right Stance) - Ukemi Grabs Torimi's Neck with Both Hands. **5.1b** - Torimi (Any Defence) Must Incorporate a Kari Ate (Surprise Attack) **5.2a** - Gyaku No Te Dori, Ukemi and Torimi both in Migi Shizentai, (Right Stance) Ukemi Grabs Torimi's Back of Shoulders with Both Hands **5.2b** - Torimi (Any Defence) Must Incorporate a Kari Ate (Surprise Attack) **5.3a** - Tanto Dori, Ukemi with Tanto Chudan and Jodan X 2 (Attack with a Knife to the Body and Head) **5.3b** - Torimi (Any Defence X 2) **5.4a** Tachi Dori Ukemi with Katana Jodan (Attack with a Sword to Head), **5.4b** Torimi/ (Any Defence)

6 – KATANA: (Weapons Combination)

7 - KATA: (Sequence of Techniques with Form)

7.1 - Pinan Yondan **7.2** - Pinan Godan **7.3** - Katana Kata

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

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

10 - TAMESHIWARI: Break the Board (Brown)