



3rd Kyu Syllabus

KIHON:

- A. 1 to 5 to be performed once through from left side before changing and repeating right side.
Starting position for 1 is Jiyu Kamae.
1. back AGE UKE, GYAKU TSUKI, URAKEN UCHI, forward SANBON ZUKI
 2. back SOTO UKE, YOKO EMPI, URAKEN, GYAKU TSUKI, forward SANBON ZUKI
 3. back UCHI UKE, KIZAME TSUKI, GYAKU TSUKI, forward SANBON ZUKI
 4. back GEDAN BARAI, URAKEN UCHI, GYAKU TSUKI, forward SANBON ZUKI
 5. back SHUTO UKE, MAE ASHI MAE GERI, NUKITE, forward SANBON ZUKI
- B. Each to be performed 4 times then turn Mawatte
1. MAE GERI, JUN TSUKI, GYAKU TSUKI .
 2. YOKO GERI KEKOMI, URAKEN, GYAKU TSUKI
 3. MAWASHI GERI, GYAKU TSUKI, URAKEN
 4. USHIRO GERI , URAKEN, GYAKU TSUKI
- C. 1x forward, Mawatte 1x forward
- MAE GERI, YOKO GERI KEKOME, MAWASHI GERI, USHIRO GERI, URAKEN, GYAKU TSUKI

KUMITE:

HAJI HO IPPON KUMITE:

3 Jodan Tsuki, 3 Chudan Tsuki, 2 Mae Geri, 1 Mawashi geri, 1 Ushiro geri attack.

Jiyu KUMITE (to demonstrate the application of Ippon Kumite in a free environment)

KATA:

TEKKI SHODAN and TEN NO KATA (in Fudo Dachi)*

plus any previous lower kata of examiners choice

*(*miss out for juniors u12 yrs)*