

3rd Kyu - Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Tobikomizuki.
6. Nagashizuki.
7. Mawashigeri Jodan.
8. Ushirogeri Chudan.
9. Sokuto Chudan.
10. Surikomi Ushiromawashigeri Jodan.

Renraku Waza (Combination Techniques)

1. Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Uraken Jodan.
2. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.
3. Surikomi Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Uraken Jodan.

Uke (Blocks)

- Jodan Uke Nihonme (2) & Yohonme (4).
- Chudan Maegeri Uke Ipponme (1), Sanbonme (3) & Gohonme(5).

Kata (Form)

- Kushanku
- One Pinan Kata (Chosen on the day)

Ohyo Gumite (Semi-Free Fighting)

- Ipponme (1), Nihonme (2) & Yohonme (4)

Kihon Gumite

- Ipponme (1)

Go Shin Jutsu (Self Defence)

Ji Yu Kumite (Free Fighting)