

Brown Belt - 3rd Kyu

Technique	Stance	No.	Additional information
Kihon (Basics)			
Sanbon-Zuki	Zenkutsu-Dachi	5	Stepping forward, turn, Mae Geri/Sanbon Zuki
Age-Uke/Mae-Geri/ Gyaku-Zuki/Gedan-Barai	Zenkutsu-Dachi	5	Stepping forwards and backwards
Soto-Ude-Uke/ Yoko-Empi-Uchi/ Jodan-Uraken-Uchi/ Chudan-Gyaku-Zuki/ Gedan Barai	Zenkutsu-Dachi Kiba-Dachi Kiba-Dachi Zenkutsu-Dachi Zenkutsu-Dachi	5	Stepping forwards and backwards
Uchi-Ude-Uke/ Kizami-Zuki/Gyaku-Zuki/ Gedan-Barai	Kokustu-Dachi Zenkutsu-Dachi Zenkutsu-Dachi	5	Stepping forwards and backwards
Shuto-Uke/ Mae-Kizami-Geri/ Nukite	Kokustu-Dachi Zenkutsu-Dachi	5	Stepping forward and backwards
Mae-Geri/Mawashi-Geri/ Jodan-Uraken-Uchi/ Chudan-Gyaku-Zuki/ Gedan-Barai	Zenkustu-Dachi	3	Turn, same back
Mae-Geri/Yoko-Geri-Kekomi/ Jodan-Shuto-Uchi/ Chudan-Gyaku-Zuki/ Gedan-Barai	Zenkustu-Dachi	3	Turn, same back
Yoko-Geri-Keage/ Chudan-Gyaku-Zuki/ Gedan-Barai	Kiba-Dachi Zenkustu-Dachi Kiba-Dachi	3	Turn, same back
Ushiro-Geri	Zenkustu-Dachi	3	Turn, same back

Facing the front in **Zenkutsu-Dachi**, kick **Mae-Geri** forward, **Yoko-Geri-Kekomi** to the side and **Mawashi-Geri** forward with the same leg. Repeat from opposite stance with other back leg.

3rd Kyu Continued

Technique	Stance	No.	Additional information
Kumite (Sparring)	Kihon-Ippon-Kumite (1 Attack Sparring) Jiyu Ippon Kumite (Semi-free-1- attack-sparring)		Set 5. Attack Jodan, Chudan, Mae-Geri, Kekomi and Mawashi-Geri both sides Set 1. Attack with right side only, Jodan, Chudan and Mae-Geri
Kata (Formal-exercise)	Tekki Shodan		Plus any previous Kata