



3rd Kyu

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette – Junzuki	Kick (body, below & in-line with fist), straight punch (body)
2	Kette – Gyakuzuki	Kick (body, below & in-line with fist), opposite punch (body)
3	Kette – Junzuki No Tsukkomi	Kick (body, below & in-line with fist), extended straight punch (face)
4	Kette – Gyakuzuki No Tsukkomi	Kick (body, below & in-line with fist) extended opposite punch (lower body)
5	Tobikomizuki	Snap punch (face)
6	Nagashizuki	Gliding snap punch (face) & cross-counter
7	Mawashi-geri Jodan	Roundhouse kick (head)
8	Ushiro-geri Chudan	Reverse Maegeri kick (body)
9	Sokuto Chudan	Stamping side kick (body)
No	RENRAKU WAZA	COMBINATION TECHNIQUES
1	Surikomi Mae-geri Chudan, Mawashi-geri Chudan, Ushiro-geri Chudan, Uraken Jodan	One step front kick (body), roundhouse kick (body), reverse Maegeri kick (body), back-fist punch (head)

2	Mae-geri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashi-geri Chudan	Front kick (body), gliding snap punch (face) & cross-counter, opposite punch (body), roundhouse kick (body)
3	Surikomi Mae-geri Chudan, Sokuto Fumikomi, Ushiro- geri Chudan, Uraken Jodan	One step front kick (body), Stamping side kick (knee area), Reverse Maegeri kick (body), Back- fist (head)
No	UKE WAZA SANBON GUMITE	PARTNER TECHNIQUES
1	Jodan Uke – Nihonme, Yohonme	Head blocks – 2, 4
2	Mae-geri Uke – Ipponme, Sanbonme, Gohonme	Kick blocks – 1, 3, 5
No	OHYO GUMITE	SEMI-FREE FIGHTING
1	Ipponme	Semi-free sparring number 1
2	Nihonme	Semi-free sparring number 2
3	Yohonme	Semi-free sparring number 4
No	KIHON KUMITE	BASIC FIGHTING
1	Ipponme	Number 1
2	Nihonme	Number 2
No	KATA	FORM
1	Kushanku	Kushanku
2	Any Uke's, Ohyo's, Kihon's or Kata's	Any Uke's, Ohyo's, Kihon's or Kata's from previous Gradings

	from previous Gradings	
No	JIYU KUMITE	FREE FIGHTING
Satisfactory competition track record		
Fitness Test as per Appendix		