

BROWN BELT 3rd Kyu (Sankyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke
- Chudan soto ude uke
- Chudan uchi uke

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Kamae

- Mae geri
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Gedan Barai

- Ushiro geri

KATA

- Tekki Shodan

KUMITE

- Shitei Kihon Ippon Kumite (Hidari / Migi) * Pages 43-73

2 Jodan 1 Yoko geri

2 Chudan 1 Mawashi geri

2 Mae geri