

3RD DAN

PUNCHES

- 1.KETTE JUNZUKI
- 2.KETTE GYAKUZUKI
- 3.KETTE JUNZUKI NO TSUKKOMI
- 4.KETTE GYAKUZUKI NO TSUKKOMI
- 5.TOBIKIMIZUKI
- 6.NAGASHIZUKI
- 7.SLIDING RIDGEHAND (F/ARM) & REVERSE PUNCH
- 8.JUMPPING SPINNING BACK FIST
- 9.SLIDING DOUBLE HOOK (F/ARM) AND UPPERCUT (R/ARM)
- 10.JUMP BACK FIST REVERSE PUNCH

KICKS / COMBINATIONS

- 1.SLIDING SNAP PUNCH REVERSE PUNCH THEN ONE STEP ROUNDHOUSE KICK, BACK KICK, BACK FIST AND REVERSE PUNCH
- 2.FRONT KICK, TWISTING SNAP PUNCH, REVERSE PUNCH, ROUNDHOUSE KICK, BACK KICK, BACKFIST, REVERSE PUNCH
- 3.ONE STEP SIDE KICK & HOOK KICK (SAME LEG) THEN BACK KICK & ROUND KICK (SAME LEG) & REVERSE PUNCH
- 4.HOPPING HOOK KICK THEN SPINNING HOOK KICK & REVERSE PUNCH
- 5.HOPPING DOUBLE ROUNDHOUSE KICK THEN REVERSE SPINNING FOOTSWEEP
- 6.JUMPING SCISSOR AXE KICK, REVERSE PUNCH

JUMPING KICKS

DEFENCE

BAG WORK

SPARRING

KATAS- PINANS, KU SHANKU, NAI HANCHI, CHINTO, SEISHAN, PAISAI, NE SAYSHE, WAN CHU, JITTE, JION, ROHAI

KIHONS- NUMBERS 1-10

ANY TECHNIQUES FROM PREVIOUS GRADINGS MAY BE INCLUDED