

3RD KYU- BROWN BELT

PUNCHES / BLOCKS

- 1.KETTE JUNZUKI
- 2.KETTE GYAKAZUKI
- 3.KETTE JUNZUKI NO TSUKKOMI
4. KETTE GYAKAZUKI NO TSUKKOMI
5. TOBIKOMIZUKI
- 6.NAGASHAZUKI
- 7.SLIDING BACKFIST (FRONT ARM) SPINNING ELBOW STRIKE, BACKFIST (SAME ARM) AND REVERSE PUNCH
- 8.BACKFIST (FRONT ARM) JUMPING SPINNING BACKFIST AND REVERSE PUNCH
- 9.SLIDING HOOK PUNCH (FRONT ARM), SPINNING BACKFIST
- 10.STEPPING TOBIKOMIZUKI

KICKS / COMBINATIONS

- 1.BACKFIST, ONE STEP AXE KICK AND REVERSE PUNCH
- 2.JUMPING SCISSORS FRONT KICK, ROUNDHOUSE KICK (BACK LEG)
- 3.JUMPING SIDE KICK (BACK LEG COMING FORWARD)
- 4.JUMPING ROUND HOUSE KICK (BACK LEG COMING FORWARD)
- 5.HOPPING HOOK KICK, ROUND KICK (SAME LEG) , BACK KICK, RIDGE HAND STRIKE AND REVERSE PUNCH
- 6.ONE STEP ROUND HOUSE KICK, REVERSE SPINNING FOOTSWEEP
- 7.SPINNING BACKFIST, REVERSE PUNCH, ROUNDHOUSE KICK (BACK LEG COMING FORWARD)

SELF DEFENCE- ATTACK FROM REAR

BAG WORK- INCLUDING JUMPING FRONT, SIDE AND ROUND KICKS

SPARRING

KATA; PINAN NIDAN, PINAN SHODAN, PINAN SANDAN, PINAN YODAN, PINAN GODAN AND KU SHANKU

KIHON- NUMBER 1

ANY TECHNIQUES FROM PREVIOUS GRADIN MAY BE INCLUDED.