

Grading Syllabus

3rd Kyu

KIHON, TSUKI & KERI

1. Surikomi Kette Junzuki
2. Surikomi Kette Gyakazuki
3. Surikomi Kette Junzuki No-Tsukomi
4. Surikomi Kette Gyakazuki No-Tsukomi
5. Nagashizuki
6. Tobikomizuki
7. Surikomi Mae-geri Jodan
8. Surikomi Sokoto Jodan
9. Ushiro-geri Jodan
10. Ushiro-geri Mawash Jodan
11. Mae-geri Rengeri
12. Mawatte Uraken

RENRAKU WAZA

1. Surikomi Kette Junzuki, Mawashi-geri Chudan, Sokoto Chudan, Surikomi Mae-geri Gyakazuki

SANBON-GUMITE

JODAN UKES

1. Ipponme (BoL)
2. Nihonme (BoR)
3. Sanbonme (BoR)
4. Yonhonme (BoR)
5. Gonhonme (BoL)
6. Roponme (BoL – Attacker R)

KATA

**Five Heian Katas
Kanku Dai
Tekki Shodan**

JI YU KUMITE

Two by two minute rounds – separate opponents for each round