



3rd Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai in Zenkutsu Dachi:

1. Sanbon Zuki (3 Punch Combination) x 5 Forward Steps
2. Age Uke, Nekoashi Dachi, Gedan Barai, Front leg Mae Geri, Zenkutsu Dachi, Gyaku Zuki x 5 Backward Steps
3. Soto Uke, Yoko Empi (Side Elbow Strike) in Kiba Dachi x 3 Forward Steps
4. Shuto Uke (Kokutsu) Switching Stance to - Nukite (Zenkutsu) x 5 Backward Steps
5. Gedan Barai, Chudan Uchi Uke in Nekoashi Dachi, Jodan Ura Zuki in Zenkutsu Dachi (Head Upper-Cut Punch) Gyaku Zuki in Zenkutsu Dachi x 5 Forward Steps

Mawatte Gedan Barai in Zenkutsu Dachi.
From Jiyu-no-kamae:

6. Mae Geri, Jodan Oi Zuki, Chudan Gyaku Zuki x 5 Forward Steps

Mawatte Gedan Barai in Zenkutsu Dachi.
From Jiyu-no-kamae:

7. Mae Geri, Mawashi Geri, Ushiro Geri, Ura Mawashi Geri x 2 Forward

Mawatte, Jiyu-no-kamae:

8. Yoko Geri Keage, Yoko Geri Kekomi (Changing Legs) x 2 Forward, Mawatte x 2 Forward

Mawatte Gedan Barai in Zenkutsu Dachi:

9. Turning and stepping forward Ura Shuto Uke, same place Haito Uchi x 5 Forward Steps

Kata

Tekki Shodan

Junro Sandan

Junro Kata shall be assessed as a positive, and the attempt to perform the kata will be seen as a merit towards the grading result

Kumite

Jiyu Ippon Kumite (Semi-Free 1 Step)
(Jodan Oi Tsuki, Chudan Oi Tsuki, Mae Geri, Yoko Geri Kekomi, Mawashi Geri, Ushiro Geri)

Minimum Requirements

4 months & 28 lessons.

The Examiners

Examiners are looking for the appropriate degree and sharpness of execution in each technique; and for an awareness of the opponent's movements and intention during kumite; being able to demonstrate an appropriate response.

Kaizen No-Michi School of Shotokan Karate

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