

# **Third Kyu (Junior Brown Belt)**

## **Kihon Waza**

Kette Junzuki  
Kette Gyakuzuki  
Kette Junzuki No Tsukkomi  
Kette Gyuakuzuki No Tsukkomi  
Tobikomizuki  
Nagashizuki  
Surikomi Mawashigeri Jodan  
Surikomi Sokuto Jodan

## **Renkei Waza**

Tobikomi Jodan Chudan Zuki, Surikomi Maegeri Chudan, Sokuto Chudan, Uraken Jodan  
Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan

## **Ippon Kumite**

Jodan Uke Sanbonme and Yonhonme  
Chudan Uke Sanbonme and Yonhonme  
Maegeri Uke Sanbonme and Ropponme

## **Ohyo Kumite**

Nihonme and Yonhonme

## **Kihon Kumite**

Ipponme and Nihonme

## **Kata**

Kushanku  
Examiner's Choice of Pinan Kata

## **Ji Yu Kumite**

Free fighting