**Third Kyu – Junior Brown Belt**

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**BASICS**

**KIHON WAZA - Basic techniques**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Surikomi Mawashigeri Jodan
8. Surikomi Sokuto Jodan

**RENKEI WAZA - Combination techniques**

1. Tobikomizuki Jodan, Chudan Zuki, Surikomi Maegeri Chudan, Sokuto Chdan, Uraken Jodan
2. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke - Sanbonme & Yonhonme
2. Chudan Uke - Sanbonme & Yonhonme
3. Maegeri Uke - Sanbonme & Ropponme

|  |  |
| --- | --- |
| **OHYO KUMITE – Semi-free fighting** | **KIHON KUMITE – Basic fighting** |
| 1. Nihonme
 | 1. Ipponme
 |
| 1. Yonhonme
 | 1. Nihonme
 |

**KATA**

Kushanku & examiner’s choice of Pinan Kata, Pinan Shodan

**JI YU KUMITE**