



3rd KYU Syllabus Brown Belt

Criteria: 24 Lessons to include minimum 4 Yudansha Class

Zenkutsu Dachi

Oi-zuki

Gyaku Zuki

Jodan Age Uke

Soto Ude Uke

Uchi Ude Uke

Kokutsu Dachi

Shuto Uke

Zenkutsu Dachi

Mae Geri

Mawashi Geri

Ushiro Geri

Kiba Dachi:

Yoko Geri Keage

Yoko Geri Kekomi

Kihon Ippon Kumite (Basic 1-step)

Both left and right sides:

2 x Jodan

2 x Chudan

2 x Mae Geri

1 x Yoko Geri

1 x Mawashi Geri

Kata: Tekki Shodan