

## **3rd Kyu - Brown Belt**

### **Kihon, Tsuki & Keri (Basic Techniques)**

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

### **Renraku Waza (Combination Techniques)**

1. Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Uraken Jodan.
2. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.
3. Surikomi Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Uraken

### **Jodan. Uke (Blocks)**

- Jodan Uke Nihonme (2) & Yohonme (4).
- Chudan Maegeri Uke Ipponme (1), Sanbonme (3) & Gohonme(5).

### **Kata (Form)**

- Kushanku
- One Pinan Kata (Chosen on the day)

### **Ohyo Gumite (Semi-Free Fighting)**

- Ipponme (1), Nihonme (2) & Yohonme (4)

### **Kihon Gumite**

- Ipponme (1)

### **Go Shin Jutsu (Self Defence)**

### **Ji Yu Kumite (Free Fighting)**

## **2nd Kyu - Brown Belt**

### **Kihon, Tsuki & Keri (Basic Techniques)**

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Surikomi Mawashigeri Jodan.
7. Surikomi Sokuto Jodan.
8. Ushirogeri Chudan.
9. Surikomi Ushiromawashigeri Jodan.

### **Renraku Waza (Combination Techniques)**

1. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Jodan.
2. Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.
3. Zenshinshite Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Mawashigeri Chudan - Gyakuzuki Chudan.

### **Uke (Blocks)**

- Jodan Uke Ipponme (1) & Yohonme (4).
- Chudan Soto Uke & Uchi Uke
- Chudan Maegeri Uke Nihonme (2), Yohonme (4) & Ropponme (6).

### **Kata (Form)**

- Kushanku
- One Pinan Kata (Chosen on the day)

### **Ohyo Gumite (Semi-Free Fighting)**

- Sanbonme (3)Yohonme (4) & Gohonme (5)

### **Kihon Gumite**

- Nihonme (2)

### **Go Shin Jutsu (Self Defence)**

### **Ji Yu Kumite (Free Fighting)**

## **1st Kyu - Brown Belt**

### **Kihon, Tsuki & Keri (Basic Techniques)**

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Surikomi Mawashigeri Jodan.
7. Mawashigeri Jodan
8. Ushirogeri Chudan.
9. Surikomi Sokuto Jodan.
10. Surikomi Ushiomawashigeri Jodan.

### **Renraku Waza (Combination Techniques)**

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri - Uraken Jodan.
3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.

### **Uke (Blocks)**

- Jodan Uke Ipponme (1), Nihonme (2) & Sanbonme (3).
- Chudan Soto Uke & Uchi Uke
- Chudan Maegeri Uke Ipponme (1), Yohonme (4) & Gohonme (5).

### **Kata (Form)**

- Kushanku
- One Pinan Kata (Chosen on the day)

### **Ohyo Gumite (Semi-Free Fighting)**

- Gohonme (5), Ropponme (6), Nanahonme (7)

### **Kihon Gumite**

- Sanbonme (3)

### **Go Shin Jutsu (Self Defence)**

### **Ji Yu Kumite (Free Fighting)**