



# Physical Requirements

## 3<sup>rd</sup> Kyu, First Brown Belt

### KIHON (Basics)

#### Blocks & Punches

	<b>New</b>
Zuki (Basic punches)	
Uke (Basic blocks)	Sukui uke (Scooping block)
Morote uke (Augmented block)	Morote age uke (Augmented rising block)
Oi gyaku zuki (Lunging reverse punch)	Yama zuki (U punch)
Juji uke (X block)	
Kakiwake uke (Spreading block)	
Haiwan uke (Back of arm block)	
Haishu uke (Backhand block)	
Tsuki age (Punching block)	
Nagashi uke (Sweeping block)	
Manji uke (Down block; upper inside block)	
Kage zuki (Hook punch)	
Ura zuki (Close quarter punch)	
Nami ashi (Inside leg block)	
Sokumen uke (Side block)	
Morote zuki (Augmented punch)	

#### Strikes

Tettsui uchi (Hammer strike)
Yoko empi uchi (Side elbow strike)
Uraken uchi (Back knuckle strike)
Shihon nukite (Spear hand thrust)
Mae empi uchi (Forward elbow strike)
Hiza uchi (Head strike)
Hitsu uchi (Knee strike)
Sokumen empi uchi (Side elbow strike)

#### Kicks

	<b>New</b>
Geru (Basic kicks)	
Geru ashi okite (Alternating leg kicks)	Mae geru keage to mae geru kekomi onaji ashi (same leg kicks)
Fumikomi geru (Stomping kick)	Mae geru keage to mawashi geru onaji ashi

Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri ashi okite	Mae geri keage to yoko geri kekomi onaji ashi
Mikazuki geri (Crescent kick)	Mawashi geri to yoko geri kekomi onaji ashi
	Mawashi geri to ushiro geri onaji ashi
	Yoko geri kekomi to ushiro geri onaji ashi
	Yoko geri keage to yoko geri kekomi, kidadachi stance onaji ashi
	Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri onaji ashi (3 times)

## AWASE WAZA (Combined Techniques)

### Formal Stance Combinations

Mae geri keage to oi zuki (Front snap kick to lunge punch)
Gyaku zuki to mae geri keage (Reverse punch to front snap kick)
Soto uke to yoko empi uchi (Outside block to side elbow strike)
Shuto uke to mae geri keage to shihon nukite (Knife hand block to front snap kick to spear hand thrust)
Uke to gyaku zuki (Any block to reverse punch)
Ren zuki (Double punch)
San zuki (Triple punch)
Uke to ni gyaku zuki (Any block to double punch)
Kata combinations

### Fighting Stance Combinations (Fudo Dachi)

	<b>New</b>
Kizami zuki (Jab)	
Gyaku zuki (Reverse punch)	Oi zuki, kizami zuki to step up mawashi geri to spinning ushiro geri (Lunge punch, jab to step up round kick to spinning back kick)
Kizami zuki to gyaku zuki (Jab to reverse punch)	Oi zuki, switch dachi, gyaku zuki to yoko geri kekomi to shuffle up ushiro geri (Lunge punch, switch stance, reverse punch to side thrust kick to shuffle up back kick)
Kizami zuki to step up mae geri keage (Jab to step up front snap kick)	Mae geri keage to oi zuki, gyaku zuki to mawashi geri (Front snap kick to lunge punch, reverse punch to round kick)
Kizami zuki to step up mawashi geri (Jab to step up round kick)	Oi gyaku zuki to gyaku zuki to mawashi geri to spinning ushiro geri (Lunging reverse punch to reverse punch to round kick to spinning back kick)
Oi zuki, kizami zuki to gyaku zuki (Lunge punch to jab to reverse punch)	Kizami zuki to step up mae geri keage, switch dachi, gyaku zuki to mae geri keage (Jab to step up front snap kick, switch stance, reverse punch to front snap kick)
Kizami zuki to oi zuki to gyaku zuki (Jab to lunge punch to reverse punch)	Kizami zuki to step up mawashi geri, switch dachi, gyaku zuki to yoko geri kekomi to spinning ushiro geri kekomi (Jab

	to step up round kick, switch stance, reverse punch to side thrust kick to spinning back kick)
Mae geri keage to oi zuki to gyaku zuki (Front snap kick to lunge punch to reverse punch)	
Oi gyaku zuki to gyaku zuki to mae geri keage (Lunging reverse punch to reverse punch to front snap kick)	

### **KATA (Forms)**

Heian Shodan (Peaceful Mind 1)	<b>New</b>
Heian Nidan (Peaceful Mind 2)	Bassai Dai (Storming the Castle, greater)
Heian Sandan (Peaceful Mind 3)	
Heian Yondan (Peaceful Mind 4)	
Heian Godan (Peaceful Mind 5)	
Tekki Shodan (Iron Warrior 1)	

### **KUMITE (Sparring)**

Gohon kumite (Five-step sparring)	<b>New</b>
Sambon kumite (Three-step sparring)	Jiju kumite (Freestyle sparring)
Tournament freestyle	

### **Contact Self-Defense Techniques**

Ten techniques + four impromptu
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TEST FEE = \$50