



KUKYU 3RD KYU BROWN BELT
min. 6 months attendance

PART A - KIHON

(ZKD = zenkutsu dachi) (KKD = kokutsu dachi) (KBD = kiba dachi)

TSUKI WAZA

each technique 5x (5th time KIAI)

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	OI TSUKI JODAN (FWD)	
	OI TSUKI CHUDAN (BACK)	
	SANBON TSUKI – JODAN, CHUDAN, CHUDAN (FWD)	
	GYAKU TSUKI - CHUDAN (BACK)	

UKE WAZA

each technique 5x (5th time KIAI)

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	JODAN AGE UKE, GYAKU TSUKI (FWD)	
	SOTO UKE, GYAKU TSUKI (BACK)	
	UCHI UKE, GYAKU TSUKI (FWD)	
	CHUDAN SHUTO UKE, GYAKU NUKITE (BACK)	

GERI WAZA

each technique 3x (3rd time KIAI)

OPEN (KAMAE)	ATTACK	GRADE
ZKD – KAMAE	MAE GERI (FWD)	
	YOKO GERI KEKOMI (BACK)	
	MAWASHI GERI (FWD)	
	USHIRO GERI (BACK)	
KBD - KAMAE	YOKO GERI KEAGE	
KBD - KAMAE	YOKO GERI KEKOMI	

RENZOKUWAZA

each technique 3x (KIAI at the end of the combination)

OPEN (KAMAE)	COMBINATION	GRADE
ZKD – KAMAE	(FWD) OI TSUKI JODAN – GYAKU TSUKI – (BACK) AGE UKE – SOTO UKE (SAME ARM) – MAWASHI GERI – YOKO URAKEN UCHI – GYAKU TSUKI	

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO



ZKD – KAMAE	(FWD) MAEGERI – TSUKI CHUDAN – (BACK) GEDAN BARAI – UCHI UKE (SAME ARM) – TURN (ARMS IN KAMAE) – USHIRO GERI – YOKO URAKEN UCHI – GYAKU TSUKI
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PART B - KATA

KATA	TECHNICAL	ATTITUDE	GRADE
HEIAN SHODAN (PEACEFUL MIND, FIRST FORM)			
HEIAN NIDAN (PEACEFUL MIND, SECOND FORM)			
HEIAN SANDAN (PEACEFUL MIND, THIRD FORM)			
HEIAN YONDAN (PEACEFUL MIND, FOURTH FORM)			
HEIAN GODAN (PEACEFUL MIND, FIFTH FORM)			
TEKKI SHODAN (IRON HORSE, FIRST FORM)			

PART C – KUMITE

JIYU IPPON KUMITE

semi free 1 step sparring- kamae

ATTACK	DEFENCE	ATEMI	GRADE
JODAN OI TSUKI	AGE UKE	GYAKU TEISHO UCHI (INSIDE)	
CHUDAN OI TSUKI	SOTO UKE	MAWASHI GERI SOTO (OUTSIDE)	
MAE GERI	GEDAN BARAI	GYAKU SHUTO UCHI (INSIDE)	
MAWASHI GERI	TAKAI UCHI UKE	CHUDAN GYAKU TSUKI (INSIDE)	

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GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO