



松濤館空手道

**SANKYU 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)	

#### **JIYU KUMITE**

*2 rounds of 2 minutes shiai with safety gloves*

### PART D – KARATE JUTSU

*student selects appropriate self defence technique*

ATTACK	DEFENCE	DEFENCE	DEFENCE	GRADE
JODAN				
CHUDAN				
GYAKUTSUKI				

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REGISTERED : NOTES		YES/NO