

3rd Kyu (Brown Belt 1 Black Tag) Grading Requirements

Approved: September 2018

Grading Information:

This grading is done in 4 parts.
Once you have completed a part, you have up to 12 months to do the next part.
Each part should take 30 to 40 minutes to complete.

Part 1

Part one is Kihon – Stationary Basics

Students **MUST** know the terminology for this section.

Every count in this section is worth 1 point.

Pass Score 80%

Part 2

All other Kihon apart from the “Stationary Basics”

Students **MUST** know the terminology for the “Moving & Combinations” section.
Terminology is **not required** for “Foot Shifting” “Body Shifting” and “Body Rotation” sections.

Every count in this section is worth 1 point.

Pass score: 80%

Part 3

KATA

- All kata from previous gradings is done once in your own time.
- Your new kata will be done once to a count and twice in your own time.
- Each movement or count done correctly scores 1 point
- 1 point off for: Poor stance, poor technique, missing head turns, missing kiai incorrect pace, lack of power, poor balance, poor footwork.
- 5 points off for: Missing a move, wrong move!
 - 10 points off for: Restarting
- Automatic Fail: Cannot complete a kata

Pass score: 80%

Part 4

Part four consists of all Kumite components.

- All Kumite sections are scored together, so if you are weak in one section you can make it up in another!
- In step fighting, each count or movement is worth 1 point (5 step fighting = 5 movements, 5 points).

Pass score: 80%

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Grading Requirements

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KIHON - Stationary Basics

The following in **Kiba Dachi**

Uke : Haiwan, Gaiwan, Haishu.

Tsuki : Hiraken.

Uchi : Tettsui, Ushiro Empi, Haito, Uchi Shuto, Keito.

The following in **Kamae**:

Keri : Hiza, Kin, Mikatsuki, Kagi

The following in **Yoko Kamae**:

Keri : Yoko Fumikeri.

The following in **Yoi Dachi**:

Keri : Fumikomi.

The following in **Chikaku Kamae**:

Uke : Hiza, Otoshi.

Tsuki : Ura, Kagi, Ura Age.

Keri : Gedan Mawashi. (Practice on kick shield only)

Uchi : Mae Uraken.

KIHON - Moving & Combinations

Zenkutsu Dachi:

- | | |
|---|------------------------|
| - Jodan Uke , Gedan Barai Uke | Forwards and Backwards |
| - Sanbon Tsuki - Jodan, Chudan, Jodan. | “ “ “ |
| - Soto Uke (Zenkutsu Dachi)
Yoko Empi Uchi, Uraken Uchi (Kiba Dachi) | “ “ “ |
| - Uchi Uke, Jodan Kizami Tsuki (same hand), Gyaku Tsuki | “ “ “ |
| - Morote Uke | “ “ “ |

KIHON - Moving & Combinations (cont.)

Kokutsu Dachi:

- Shuto Uke, Teisho Uchi (Zenkutsu Dachi) Forwards Only

Neko Ashi Dachi:

- Stance Only Forwards and Backwards

Kamae:

- Mae Keri Jodan, Mae Keri Chudan (same leg) Forwards and Backwards
- Mawashi Keri Forwards Only
- Ushiro Mawashi Keri Forwards Only

Kiba Dachi:

- Yoko Keri (Front foot), Yoko Keri (Back Foot) Forwards Only

KIHON – Ashi-Sabaki (foot shifting)

Kamae:

- Front foot retreat, Mae Keri Jodan (front foot), Gyaku Tsuki.
Tip: Gyaku Tsuki starts as kicking foot comes down (landing forward)

KIHON – Tai-Sabaki (body shifting)

Zenkutsu Dachi:

- Shuffling sideways using a long Mae Kosa Dachi as a bridging stance **Yoko Empi Uchi**
- Shuffling sideways using a long Mae Kosa Dachi as a bridging stance **Uraken Uchi**
- Shuffling sideways using a long Mae Kosa Dachi as a bridging stance **Mai Keri** (to the side)

Chikaku Kamae:

- Tate Tsuki (front fist) (back leg crosses to finish 45° behind front leg)
Zenkutsu Dachi, Gyaku Tsuki (back leg -body finishing facing front again)

KIHON – Tenshin (body rotation)

Chikaku Kamae:

- Mawashi Tsuki.
- Mawashi Empi Uch.
- Ura Age Empi Uchi.

Kiba Dachi:

- Gedan Empi Uchi (Zenkutsu Dachi)
- Zenkutsu Dachi, Mae Keri (Tenshin) Ushiro Keri (same leg opposite forward 45°)

KIHON – Ashi-Sabaki / Tenshin (foot shifting and rotation)

- Purpose: To engage a very close attacker who is grabbing for a throw (from fighting positions).
- Movement: **Forwards/ Sideways Action**
From Chikaku Kamae, move the back foot up to parallel Short Kamae, then execute the following techniques on a 45 degree angle with a body rotation
- Techniques:
- Mawashi Empi
 - Tate Tsuki
 - Teisho Uchi
 - Suri Shuto Uchi (Sliding knife hand)

KATA (Forms)

Taikyoku Shodan.

Jo-No.

Heian: Shodan, Nidan, Sandan.

Tekki: Shodan

IPPON KUMITE (One Step Fighting)

Note: Attackers swaps sides each count!

	<u>Attacker</u>	<u>Defender</u>
1)	Straight attacks	Stance evade front right with open block and counter
2)	“ “	Stance evade front left with open block and counter
3)	“ “	Stance evade right side with open block and counter
4)	“ “	Stance evade left side with open block and counter

The following set attacks and set counters with Tai-Sabaki evasion...

	<u>Attacker (don't alternate)</u>	<u>Direction</u>	<u>Counter</u>
6)	Chudan Oi Tsuki	Back 45°	Tate Tsuki (front hand)
7)	“ “	Back 45°	Uraken Uchi (front hand)
8)	“ “	Forward/Sides	Ura Tsuki (front hand)
9)	“ “	Forward/Sides	Empi Uchi (front hand)

Note: Forward / Side Action for 12) and 13)

This means to take a step **forward** (Ashi-Sabaki) and then Tai-Sabaki evade to the **side** with the back foot crossing behind the front foot. This action closes the distance between you and the attacker.

This is short form Sen No Sen!

Tip: Be sure to break the attacking line with the step forward to avoid a collision!

KAEME IPPON KUMITE (One Step from fighting positions)

<u>Attack</u>	<u>Defend</u>
1) Tsuki	Open
2) Keri	Open
3) Tsuki	Forwards 45 front foot with open block & counters
4) From a stationary start <u>½ to ¾ speed</u> Oi Tsuki Chudan .	<u>SEN NO SEN</u> : Before the attacker has finished, block and counter advancing forward (Ashi-Sabaki)
5) From a stationary start <u>½ to ¾ speed</u> Oi Tsuki Jodan .	<u>SEN NO SEN</u> : Before the attacker has finished, block and counter advancing forward (Ashi-Sabaki)
6) From a stationary start <u>½ to ¾ speed</u> Oi Tsuki Chudan .	<u>SEN NO SEN</u> : Before the attacker has finished, evade with Tai-Sabaki and counter (blocking optional)

Tip: To aid with number 3), apply skills from “Ippon Kumite” numbers 12) and 13)

KASHI IPPON KUMITE (Attack and Counter Attack One Step)

<u>movement</u>	<u>Initial Attacker</u>	<u>Initial Defender</u>
1	Oi Tsuki Jodan .	Step back and block. (No Evasion)
2	Block and evade incoming attack.	Counter Attack with Mae Keri .
3	Open counter attack.	

JIYU HAPPO IPPON KUMITE (8 Direction One Step form fighting position)

Use Ashi-Sabaki and Tai-Sabaki during evasion to position your body out of the attacking line and to ensure you back isn't facing to the attacker.

<u>Attack</u>	<u>Defend</u>
1) Open Straight attack from 45° front left.	Evade and open counter attack (alternating Kamae).
2) Open Straight attack from 45° front right.	“ “ “ “ “

GOHON KUMITE (Five Step Fighting)

<u>Attack for 5 count</u>	<u>Defend for 5 count</u>
1) Open Attack	Open choice of defence. Counter attack on count 5.
2) Oi Tsuki or Mae Keri with mix of stance length.	Open choice of defence
3) Oi Tsuki using footwork to vary speed of attacks by... <ul style="list-style-type: none"> 1) Accelerated movement (ball of back foot pushing) 2) Rapid Movement (balls of both the back and front feet engage) 3) Accelerating movement (back foot steps and front foot pushes) 4) Stepping (slow foot movement) 	Open choice of defence

NOTE: If attacking variation is good the defender may fail to complete the exercise before the 5th count.

KISO KUMITE (Fundamental Kumite)

Kiso Movement 1

<u>Count</u>	<u>Attacker</u>	<u>Defender</u>
1	Shorten stance with back foot then lunge forward extending into a <u>long stance</u> with the front foot executing Oi Tsuki. (Total advance: 1 stance)	Extend to long stance with back leg and block. TIP: Depending on the reach of the attacker you may have to push back with the front foot as you extend the stance!
2	Move back foot up to shorten stance with simultaneous Gyaku Tsuki.	Without evading, retreat front foot into a shorter stance and block.
3	Hold position.	Extend into long stance with front foot and counter attack.

Kiso Movement 2

<u>Count</u>	<u>Attacker</u>	<u>Defender</u>
1	Step front foot forward to extend stance then bring the back foot forward to shorten stance with simultaneous Gyaku Tsuki.	Bring front foot back to shorten stance then extend stance by moving back foot backwards and block.
2	Using front foot, extend stance forward ½ a stance length and execute Oi Tsuki.	Without evading, retreat front foot into a shorter stance and block.
3	Hold position.	Extend into long stance with front foot and counter attack.

JIYU KUMITE (Free Fighting)

1) Combination attacking

TIP: Draw on Tai-Sabaki and Ashi-Sabaki for movement ideas!

SELF DEFENCE

Hair Grab from front and back

BREAK FALLS

- 1) Front fall
- 2) Forward dive roll from squat position (on to single crash mat)