

3rd Dan (Black Belt – 3rd Level)



Grading Requirements Approved: April 2015

KIHON:

Kamae:

- Yoko Tobi Keri (may be skipped for students over 55 years of age, or people with a disability)

COMBINATIONS:

ONE:

- 1) Forwards: **Zenkutsu Dachi Soto Uke**
- 2) Front foot moves in and out to a side facing **Kiba Dachi** with a **Yoko Empi Uchi** to the front with a simultaneous jump.
- 3) Front foot moves out to the side making a forward facing **Zenkutsu Dachi** with a simultaneous **Uraken Uchi** off the same arm.
- 4) Back foot shifts up into **Sanchin Dachi** with a simultaneous **Ura Tsuki**

TWO:

- 1) From **Zenkutsu Dachi** back foot crosses behind the front leg into a 45 degree backward **Kokutsu Dachi** with a **Tate Tsuki** off the front hand.
- 2) Back foot moves (in and out) to reposition back to **Zenkutsu Dachi** (facing the front) **Gyaku Tsuki**

THREE:

- 1) Start in **Zenkutsu Dachi**
- 2) Back foot shifts up into **Sanchin Dachi** with a front arm **Jodan Mawashi Empi Uchi**
- 3) Front foot shifts forward into **Zenkutsu Dachi**
- 4) Simultaneous horizontal **Tettsui Uchi**
- 5) **Gedan Gyaku Tsuki** starting from armpit height.

FOUR:

- 1) Forwards: **Kokutsu Dachi Shuto Uke**
- 2) **Mai Keri** (front foot) landing in **Zenkutsu Dachi**
- 3) **Teisho Uchi**

FIVE:

- 1) Stationary: **Zenkutsu Dachi Teisho Uke**
- 2) Moving forward into a **Migi Hadari Ashi Dachi** with a simultaneous **Kakuto Uchi**
- 3) Front foot steps forward into **Zenkutsu Dachi Teisho Uchi**

SIX:

- 1) Start in a stationary **Zenkutsu Dachi** with a fully extended **Gyaku Tsuki**
- 2) Move the back foot up into a parallel **Sanchin Dachi** (while recoiling the Gyaku Tsuki to your hip)
- 3) The moving foot then extends to the side (90 degrees) into a **Zenkutsu Dachi** with simultaneous **Gyaku Tsuki**

NOTE: 2) and 3) are one movement

SEVEN:

- 1) **Kamae**
- 2) Front foot retreat into **Neko Ashi Dachi** with a simultaneous **Uchi Uke**
- 3) Front foot **Mai Keri** landing forward
- 4) Back foot shift up with a **Jodan Kizami Tsuki**
- 5) Reset to **Kamae**

EIGHT:

- 1) Stance of your choosing (suggest Kiba Dachi)
- 2) Back leg **Yoko Keri** landing forward
- 3) **Ushiro Mawashi Keri** Landing forward

NOTE: 2) and 3) are close one action

NINE:

- 1) **Kamae**
- 2) **Ushiro Keri** to the opposite 45 degree rear angle to the back leg.
- 3) Landing the foot in the direction of the kick, rotate the body with a simultaneous horizontal **Tettsui Uchi**
- 4) Finish the body movement with **Ura Tsuki**

TEN:

- 1) **Kamae**
- 2) Stationary **Mai Keri**
- 3) Keeping leg off the ground , recoil the leg so that your knee is facing downwards behind you with the heel tucked up.
- 4) Same leg **Mawashi Keri** landing forward

Foot control exercise to aid with Kata:

- 1) **Zenkutsu Dachi**
- 2) **Mai Geri** landing forwards in **Kiba Dachi**
- 3) Forwards **Mai Kosa Dachi**
- 4) **Yoko Keri** (front leg) landing in **Zenkutsu Dachi**

KATA (Forms)

Bassai Dai

Empi

Hungetsu

Gankaku

Kanku Dai

Jion

Jutte

Bassi Sho

IPPON KUMITE (One Step Fighting)

- | | <u>Attacker</u> | <u>Defender</u> |
|----|--------------------------------------|---|
| 1) | Open Arm Attacks (React to tapping) | Light contact or tapping, combination counter following the attackers body movements with at least one takedown. |
| 2) | Open Foot Attacks (React to tapping) | Light contact or tapping, combination counter following the attackers body movements of at least 3 combinations. |

KAEME IPPON KUMITE (One Step from fighting positions)

- | | <u>Attack</u> | <u>Defend</u> |
|----|---------------|----------------------------|
| 1) | Mawashi Keri | Capture kicks and takedown |

JIYU IPPON KUMITE (Free One Step)

- | | <u>Attacker</u> | <u>Defender</u> |
|----|-----------------|-----------------|
| 1) | Mai Keri | Sen No Sen |

OKURI JIYU IPPON KUMITE (Follow-Through Free One Step)

<u>Count</u>	<u>Attacker</u>	<u>Defender</u>
1	Open attack	Block, Evade (Optional)
2	Any attack following the defender	Block, Evade (Optional), Counter

KASHI IPPON KUMITE (Attack and Counter Attacked One Step)

Open attack and defence

SANBON KUMITE (Three Step Fighting)

<u>Attacker</u>	<u>Defender</u>
Mai Keri	On count 3: Take Down, or Lock / Hold, or Arm / Bone Break. (At least 3)

MULTIPLE ATTACKS

3 open attackers!