



3rd KYU EXAMINATION SYLLABUS

EXAMINER: A. DOWLATH SENSEI

A. KIHON

1. Sanbonzuki *Ageuke/Maegeri/Gyakuzuki (Migi + Hidari)
2. Sotouke/Gyakuzuki, Tettsui (Kibadachi) /Gyakuzuki (Zenkutsudachi) (Migi + Hidari)
3. Maegeri , Sanbonzuki (Jodan/Chudan/Chudan)
4. *Uchiuke/Maegeri (Ushiro-ashi)/Kizamizuki/Gyakuzuki
5. Shutouke/Maegeri (Mae-ashi) /Nukite/Shutouke
6. Maegeri (Chudan), Maerengeri (Chudan,Jodan) /Gyakuzuki
7. Oizuki/Gyakuzuki/Maegeri/Gedanbarai/Gyakuzuki
8. Maegeri , Yokogeri-Kekomi/Gyakuzuki
9. Yokogeri-Keage
10. Yokogeri-Kekomi
11. Ushirogeri
12. Maegeri , Mawashigeri
13. Kizamizuki (Suriashi) / Gyakuzuki

B. KATA

1. Tekki-Shodan
2. Hein kata: shodan, nidan, sandan, yondan, godan

C. KATA APPLICATION PRESENTATION

Candidate is to study the full bunkai (application) of: Hein Shodan; Hein Nidan; Hein Sandan

D. KUMITE

1. Gohan kumite
2. Sanbon kumite
3. Kihon-ippun kumite: jodan, chudan, mae-geri, mawashi-geri, yoko-geri kekomi
4. Jyu-ippun kumite: jodan, chudan, mae-geri, mawashi-geri, yoko-geri kekomi
5. Jyu-kumite: freestyle kumite

(,) Step Forward

(*) Step Backwards

(/) Remain at the same place Ushiro-ashi -Back Leg Mae-ashi -Front Leg Migi -Right Side Hidari -Left Side