

3rd Kyu Green Belt with Brown Stripe

Minimum 30-36 months consistent training to qualify

GENERAL KNOWLEDGE

Brief knowledge of the origins of Karate

Teaching Skills

Written Examination: About the Kyokushin Karate-Do

Tournament Participation since beginning of Kyokushin Karate

FITNESS

Knuckle push-ups 40

Five finger push-ups 20

Three finger push-ups 10

Crunches 30x 5

Squats 150

Jumping Squats 30

Handstand against wall for 1 minute

UKE-WAZA (Blocks)

Kake Uke / Otoshi Uke

TZUKI & UCHI WAZA (Thrusts & Strikes)

Kagi Tsuki / Tate Tsuki

KERI WAZA (Kicks)

Mikazuki Geri / Tobi Ushirio Mawashi Geri

IDO GEIKO (Moving Basics)

All required Truets, Strikes, Shuto and Kicks in Zenkutsu Dachi / Kokutsu Dachi / Kamae Dachi/ Enoji Dachi /Sanchin Dachi / Kiba Dachi

RENRAKU

1) Sanchin Dachi: Chudan Hiji Ate, Jodan Hiji Ate, Gedan Hiji Ate

2) Kiba Dachi: Tetsu Uchi, Giyaku Oi Tsuki

3) Ura techniques From Zenkutsu Dachi: Oi Seiken Chudan Tsuki, Giyaku Seiken Chudan Tsuki, Jodan Mae Geri, Jodan Mawashi Geri,

KATA

Peenan Sono San Ura / Peenan Sono Yon Ura

Gekisai-Dai / Gekisai-Sho

GOSHIN JITSU (self-defence)

TAMASHIWARI
Seiken 2 Boards
Mae Geri 1-2 Boards

KUMITE: 8 Rounds

