

San kyu Requirements- 3rd Brown Belt

Physical Fitness

20-25 push-ups

20 leg raises

30 sit-ups

jump rope (1 min.)

70 jumping jacks

Kihon

Walking Drill #4

Student must show: power, focus, and good timing (feet, body, and strike must work together).
Student must also demonstrate proper breathing techniques.

Student must also demonstrate **three** of the following:

Ren geri (side-snap & side-thrust)

Mikazuki geri (crescent kick)

Ushiro mawashi geri (hook kick)

Ushiro geri (back kick)

Kata

Heian Shodan – Godan & Tekki Shodan

Student must show: power, focus, and good timing (feet, body, and strike must work together).
Student must also demonstrate proper breathing techniques.

Kumite Ippon

Kihon Ippon Kumite (2 jodan, 2 chudan, 2 mae geri, 1 yoko kekomi, 1 mawashi geri) L / R sides

Jiyu Kumite (5-single matches, 1- one-on-one match)

Questions- Instructor's choice of 5 to 10 questions covered regularly in class.

Karateka should also be familiar with Japanese commands used in class, including opening and closing of practice.

Student must be able to perform these techniques with NO assistance from instructor or other students in order to pass exam.