

## San kyu Requirements- 3<sup>rd</sup> 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.**