



BLUE BELT (3rd kyu)

SYLLABUS & TRANSLATION SHEET

DACHI/DACH

NEKO ASHI DACH

STANCE

Cat stance

TSUKI / SKI

IPPON KEN

PUNCH

One knuckle punch

UCHI

MAWASHI TETTSUI

OROSHI TETTSUI

SHUTO

STRIKE

Roundhouse hammer fist

Descending hammer fist

Knife hand strike

GERI

MAE TOBI GERI

KICK

Jumping front kick

IPPON KUMITE

IPPON KUMITE NI

ONE STEP SPARRING

Defence and counter of:

- 3 punches and
3 kicks left

- 3 punches and
3 kicks right

KATA

ASHIITA YON

FORMAL PATTERN

All katas should be
announced before
performing them

ADDITIONAL REQUIREMENTS

DEMONSTRATE

1 hold & arrest technique,
derived from either a hold
or an attack

KUMITE /SPARRING
ASSESSMENT

Against one opponent
(at examiners discretion)
