

3rd Kyu

Yoi. Move @ 45 Zen Kutsu Dachi Gyaku Tsuki, return to Yoi. Repeat on other side.

Yoi. Move @ 45 Zen Kutsu Dachi Kake Uke, Mawashi Geri to front. Return to Yoi. Repeat on other side.

Zen Kutsu Dachi Ashi Barai into Yoko Geri @ 45 without dropping leg. Land to front, repeat on other leg.

Zen Kutsu Dachi Project leading hand Taisho Uke opposite hand Haisho Uke. Coming forward.

Zen Kutsu Dachi Project Gedan Barai, project Soto Uke. Coming Forward.

Combination 6A

Combination 6B

Padwork Left leg Mae Geri to air, land Right hand Oi Tsuki

Padwork Ushiro Geri

Padwork Tsurikomi Mae Geri to the air, Mawashi Geri

One shot Gyaku Tsuki

Japanese Test. Examiners will call out 5 techniques in Japanese, candidate will demonstrate. 1 point for each.

Partnerwork. Attack Mawashi Tsuki, block & counter of choice.

Partnerwork. Attack Mawashi geri, block & counter of choice.

Pinan Yondan (X 3 marks)

Pinan Godan (X 3 marks)

Random past kata (X 3 marks)

Kumite

Pass marks 72