

3.Kyu (San kyu)

Pruun vöö

Kihon

1. Zenkutsu dachi, sanbon zuki(jodan,chudan,chudan) mawate.
2. Zenkutsu dachi, soto uke - empi uchi(kiba dachi) - tate uraken(kiba dachi).
3. Kokutsu dachi selg ees, chudan shuto uke - nukite(zenkutsu dachi).
4. Zenkutsu dachi kakiwake gedan barai, mae ren geri(jo/ch).
5. Kiba dachi näoga eksamineerija poole, yoko geri keage.
6. Kiba dachi näoga eksamineerija poole, yoko geri kekomi, mawate.
7. Zenkutsu dachi chudan kamaete, mawashi geri, mawate.
8. Zenkutsu dachi chudan kamaete, mae geri - chudan oi zuki, mawate.
9. Zenkutsu dachi chudan kamaete, jodan yoko uraken uchi, mawate.
10. Zenkutsu dachi chudan kamaete, jodan shuto uchi.

Kumite Jiyu ippon kumite

Rünnak. Oi zuki(jodan), oi zuki(chudan), mae geri, yoko geri, mawashi geri.
Kaitse. Vaba.

Jiyu kumite

1 vastane 2 min.

Kata

Eksami kata. Tekki Shodan (peab oskama ka bunkaid).

Kohustuslik kata. Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan.