



# Adelaide Academy of Combat & Defence

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## Shotokan Karate-Do 3<sup>rd</sup> Kyu (Brown belt)

1) Heian Shodan

2) Tekki Shodan

### KIHON

### TSUKI

3) Move forward 5x, Oi-tsuki Chudan, Gedan-berai

4) Move forward 5x, Oi-tsuki Jodan, Gedan-berai.

5) Move forward 5x, Sambon-tsuki, Gedan-berai.

### UKE

6) Move F/B 5x, Gedan-berai, Uraiken, Gyaku-tsuki, Gedan-berai.

7) Move F/B 5x, Age-uke, Uraiken, Gyaku-tsuki, Gedan-berai.

8) Move F/B 5x, Soto-ude-uke, Empi, Yoko-geri, Uraiken, Gyaku-tsuki, Gedan-berai.

9) Move F/B 5x, Uchi-ude-uke, Uchi-ude-uke, Kizama-tsuki, Gyaku-tsuki, Gedan-berai.

10) Move F/B 5x, Shuto-uke, Mae-geri, Nukite, Shuto-uke.

### GERI

11) Move forward 5x, Front leg Mae-geri Chudan, Backleg Mae-geri Jodan.

12) Move forward 5x Front leg Mae-geri Jodan, Back leg Mae-geri Chudan.

13) Move forward 5x, Front leg Mae-geri, Back leg Mawashi-geri.

14) Move forward 5x, Yoko-geri Keage, Yoko-geri kekomi.

### KATA

15) Kata of choice, not Heian Shodan or Tekki Shodan.

16) Bunkai of Heian Yondan.

### KUMITE

Ippon kumite (left and right stances) recommend at least one take down.

17) 3x Jodan

3x Chudan

3x Mae-geri

3x Mawashi-geri

3x Yoko-geri

Jyu-ippou kumite

18) 3x Jodan

3x Chudan

3x Mae-geri

3x Mawashi-geri

3x Yoko-geri

### KATA

19) Tekki-shodan

Pass ( 25 ) Good ( 34 ) Exe ( 46 )