**3rd Han-kyu *-* Brown Belt with White Stripe**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Material from previous grading’s will be re-examined along with the following:

# **KIHON:**

Naihanchin Dachi

Sasae Uke (reinforced)

Gedan Juju Uke (lower cross)

Jodan Juju Uke (upper cross)

Shuto Ganmen Uchi (side temple)

Shuto Ushiro Uchi (reverse temple)

Shuto Kokutsu Uchi (dropping shoulder)

Shuto Uchi Komi (thrust shoulder)

Hiza Geri (knee)

**KATA:**

Pinan Yondan

**HOKEI KUMITE**: Attack & Defence must be performed Right and Left sides

Pinan Yondan

**FIGHTING COMBINATIONS**: Must be performed Right and Left sides.

**7**

**JYU KUMITE:** Continuous free fighting

**COMMENTS:**

Re-assess / Pass / Merit / Distinction

Examiner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_