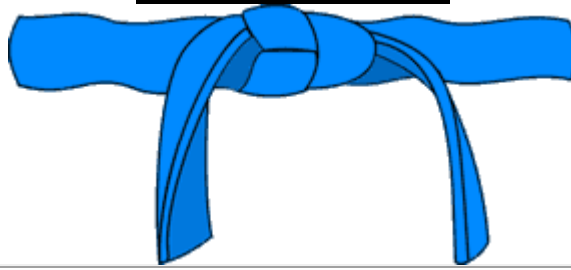


**Grading Test 3rd Kyu**



**Name of Student:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Should know by now:**

**How to say DOJO KUN in Japanese Language**

**20 Precepts in English**

<b>Punches:</b>	Hazami Zuki Nagazhi Zuki Kisami Zuki Kumade Zuki
<b>Kicks:</b>	Mae Tobi Geri Yoko Tobi Geri Ushiro Mawashi Geri
<b>Blocks:</b>	Hijizuri Uke Otoshi Uke
<b>Kata:</b>	Tekki Nidan
<b>Kumite:</b>	Sunbon: 13,14,15,16,17,18
<b>Self Defence:</b>	Breakfalls
<b>All Past Syllabus-Mandatory</b>	Past syllabus will be tested randomly, Includes Dojo Kun etc. Complete Written Assignment
<b>Tameswari ( Breaking Technique):</b>	1" with Seiken Zuki 1" with Mae Geri 1" with Forearm 1" with Shuto

**Examiner:** \_\_\_\_\_

**Total Marks:** \_\_\_\_\_

Sanbon  
Thirteen



Attack: right chudan mae geri

Defense: right inner mikazuki geri (outside coming in)

Counter attack: right chudan yoko geri kekome

Sanbon  
Fourteen



Attack: right chudan mae geri

Defense: left outer mikazuki geri (inside pushing out)

Counter attack: left jodan yoko geri keage

Sanbon  
Fifteen



Attack: shuto uchi inner to temple

Defense: right shuto age uke in kiba

Counter attack: (lower stance) right chudan yoko geri keage

Kenseikan  
Karate-Do  
Canada



Sanbon  
Sixteen



Attack: right chudan haishu uchi in kiba dachi

Defense: right chudan tate shuto uke in kokutsu dachi



Counter attack: extend block into nukite uchi to throat step forward chudan hizame zuki to spine

Sanbon  
Seventeen



Attack: right jodan kumade uchi  
Defense: left jodan hijizuri uke (age uke straightening to punch)

Counter attack: yama zuki

Sanbon  
Eighteen



Attack: right chudan age zuki

Defense: left otoshi uke

Counter attack: heiko zuki