

### **3 KYU: CANDIDATE BROWN BELT**

KATA: Tekki Shodan  
Examiner's choice of Heian kata

KIHON (BASICS): Examiners count:

- 1) From front stance, step in punch, once face, twice stomach.
- 2) Stepping back, rising block, reverse punch.
- 3) Stepping forward, outside forearm block, shift to side stance, elbow attack, backfist strike.
- 4) Stepping back, back stance, knife-hand block, front leg front kick, spearhand to solar plexus while landing in front stance.
- 5) Moving forward, lead leg front kick stomach level, back leg front kick face level.
- 6) Moving forward, lead leg round kick stomach level, back leg round kick face level.  
\*Turn into side stance.
- 7) Stepping across, side snap kick-change direction-repeat.
- 8) Change direction, stepping across, side thrust kick-change direction-repeat.
- 9) Stepping across, reverse round-house kick, face level.
- 10) Combination: From front stance, (back leg) round-house kick, (back leg) side thrust kick, reverse punch.
- 11) From stationary front stance, back leg front kick, same leg side kick, step back into front stance, back kick.

KUMITE (BASIC SPARRING):

Examiners Count  
Offense (start from front stance).  
\*Step in punch, face level.  
\*Step in punch, stomach level.  
\*Front snap kick, stomach level.  
\*Side thrust kick  
\*Round kick  
\*Back kick.  
Defense (start from open natural stance):  
Any block, any counter.  
Switch roles of offense and defense.