



# Karate-do Yushin-juku

空手道優心塾

## 3rd Kyu (Brown Belt) Requirements

**Eligibility:** Minimum 15 class attendances after obtaining the 4th kyu

### KIHON (*Basics*)

Hidari zenkutsu-dachi gedan-barai (*Left front-stance down-block*)

- Zenshin:** Jodan jun-zuki → Gyaku-zuki → Uraken-uchi  
*Step-in:* Step-in face punch, Reverse-punch, Back-fist strike
- Koshin:** Gedan-barai → Gyaku-zuki → Uraken-uchi  
*Step-back:* Down-block, Reverse-punch, Back-fist strike
- Zenshin:** Age-uke → Gedan-barai (same arm) → Gyaku-zuki  
*Step-in:* Rising-block, Down-block, Reverse-punch
- Koshin:** Chudan soto-uke → Chudan uchi-uke (same arm) → Gyaku-zuki  
*Step-back:* Middle outside-block, Middle inside-block, Reverse-punch
- Zenshin:** Chudan soto-uke → Kiba-dachi enpi-uchi → Uraken-uchi → Zenkutsu-dachi gyaku-zuki  
*Step-in:* Middle outside-block, Horse-stance elbow strike, Back-fist strike, Front-stance Reverse-punch
- Koshin:** Kokutsu-dachi shuto-uke → Kizami mae-geri → Zenkutsu-dachi nukite → Uchiro-ashi Mae-geri → Kokutsu-dachi shuto-uke  
*Step-back:* Back-stance knife-hand block, Front-leg front-kick, Front-stance spear-hand attack, Back-leg front-kick, Back-stance knife-hand block
- Zenshin:** Mae-geri → Yoko-keage (same leg) → Gyaku-zuki  
*Step-in:* Front-kick, Side-snap kick, Reverse-punch
- Zenshin:** Mae-geri → Yoko-kekomi (same leg) → Gyaku-zuki  
*Step-in:* Front-kick, Side-thrust kick, Reverse-punch
- Zenshin:** Mae-geri → Mawashi-geri (same leg) → Gyaku-zuki  
*Step-in:* Front-kick, Roundhouse-kick, Reverse-punch
- Zenshin:** Ushiro-geri → Gyaku-zuki  
*Step-in:* Back kick, Reverse-punch

### KATA (*Form*)

Jion (*"Compassion and Thoughtfulness"*)

Bassai-dai (*"Breaking Down the Barrier - Large"*)

### IPPON KUMITE from the Jiyu-gamae (*Free-style*) Position

- |                |                |                 |
|----------------|----------------|-----------------|
| 1. Jodan-zuki  | 3. Mae-geri    | 5. Mawashi-geri |
| 2. Chudan-zuki | 4. Yoko-kekomi | 6. Uchiro-geri  |