

### 3 KYU-LIGHT BROWN BELT

#### KIHON

1. Oi-tsuki, zkd
2. Sanbon-tsuki, zkd
3. Age-uke/gyaku-tsuki/age-empi-uchi/mae-geri, zkd
4. Soto-uke/yoko-empi-uchi/uraken-uchi/gyaku-tsuki/mae-geri/kizami-tsuki, zkd/kbd/zkd
5. Uchi-uke/kizami-tsuki/gyaku-tsuki/mae-geri/kizami-tsuki/gyaku-tsuki, zkd
6. Shuto-uke/kizami-geri/gyaku-nukite/uraken-uchi/gyaku-empi uchi, kkd/zkd
7. Mawashi-shuto-uchi/gyaku-haito-uchi/age-empi-uchi/gyaku-empi-uchi, zkd
8. Sanbon-mae-geri, zkd
9. Yoko-geri-keage+kekomi, kbd
10. Yoko-geri-kekomi/kaite ushiro-geri, zkd
11. Mawashi-geri/yoko-geri-kekomi, zkd
12. Ura-mawashi-geri, zkd
13. Ushiro-geri (back forward), zkd
14. Mawashi-geri/kaite, ushiro-geri, zkd/hsd/zkd
15. Gyaku-tsuki (with kaite 360, 4 tsuki)
16. Shiho-empi-uchi, zkd
17. Shiho-geri (mae, yoko, ushiro), zkd
18. Okuri-ashi-kizami-tsuki, zkd
19. Okuri-ashi-gyaku-tsuki, zkd
20. Okuri-ashi-kizami-tsuki/oi tsuki,zkd
21. Okuri-ashi-gyaku-tsuki/geri, zkd

KATA: Tekki-SHODAN

KUMITE: JIU-IPPON-KUMITE:

TORI: Oi-tsuki jodan  
 Oi-tsuki chudan  
 Yoko-geri chudan  
 Mawashi-geri jodan

UKE: Blocking and kontr.  
 Zkd-Zenkutsu-dachi  
 Kkd-Kokutsu-dachi  
 Kbd-Kiba-dachi  
 Hsd-Heisoku-dachi

WKF: Eelmiste vööprogrammide harjutused. Rännak paus rännak. Kontrarännak. Ennetus.  
 Kidzami tsuki kidzami uramawashi geri jodan. Kombinatsioonid käed jalad, jalad käed-1 min.  
 Akrobaatika: Eelmiste vööprogrammide harjutused.  
 Heited: O-soto-otosi. Tai-otosi. Hane-Goshi. Ashi-barai.  
 Matsid. 2 tükki 2 minutiga, partneri vahetus.  
 ÜKE: 70 kätekõverdust 70 tükki 70 kõhulihest 70 selo

