



3rd Kyu Curriculum

Stances

- All Junior Stances plus
- **X Stance**

Blocks

- All Junior Blocks plus
- **Assisted Block**

Strikes

- All Junior Strikes plus
- **Wrist Strikes and Back Fist**

Leg Techniques

- All Junior Kicks plus
- **Jumping Front Kick**

Combination Drills

(Done on both sides starting in a Right Back Stance)

- Right Parry, Left Knife Hand Block and grab wrist, Right Reverse Elbow to Bicep, Right Palm Strike to Face then Grab opponents' neck and do Right Knee then Kaiten throw (Repeat other side)
- Front leg Twisting Kick followed by a back leg Turning Knee.

Knife Defence

Knife 2 - Continuous Knife attack to stomach

- Grab attackers' arm with both hands to stop momentum then release your back hand and strike attacker with two punches to the face then execute a Kotegaeshi

Sparring

1 Step Show and Go Sparring – **Advanced Ippon Kumite** (Done from both sides against a single hand attack)

- Develop two block/counter combinations

Free Sparring – **Kumite**

Kata

- All Junior Kata, and
- **Heian Yondan**
- **13 Jo Kata**
- **Individual Kata** (10 movements with same techniques on both sides)

Aiki

- 10 Assisted Rolls (Mae only)

All Junior Aiki Techniques (plus)

- Shomen Uchi Ikkyo Ura
- Shomen Uchi Nikkyo Ura
- Shomen Uchi Irimi Nage
- Jo Suburi 1 – 13
- Kumi Jo - 1 - 3
- Jiyu Waza

Grading Requirements

- Regular training (minimum 40 general classes and 6 months)
- Kata: Heian Yondan, 13 Jo Kata, a Junior Kata (Examiners Choice) Individual Kata (Typed and submitted with grading form) and 1 x Shokyu Kata (own choice)
- Demonstrate 3rd Kyu Kihon and Aiki techniques as directed, plus
 - ROM Stretching – Front (from Walking Stance) and Side (from Horse Riding Stance)
 - Step Sparring as directed
 - 6 Rounds Kumite
 - Jiyu Waza (5 minutes) & Knife and All Junior Release Techniques
 - Front and side splits
 - 2 x M100's with 25 x Pushups, 60 Second Plank and 25 x Squats between (in 8 minutes)
- Board Breaking
 - Front Kick (1 Boards)
 - Elbow (1 Boards)