

uekf Syllabus 3rd kyu

Kata

Naihanchin Shodan
Gekkasu Ichi and Ni
Plus one from previous grading or Sanchin

Kihon Combinations

Kaishi Kamae
Oizuki chudan
Gyakuzuki chudan
Maeken zuki
Switch maeken zuki
Kette oizuki
Step maegeri gyakuzuki
Step back block uchi gyakuzuki
Push forward block gedan tesho gyakuzuki

Blocks

In zenkutsudachi
Jodan age uke chudan yoko uke gedan harai uke gyakuzuki

Kicking combinations

Surikomi maegeri gyakuzuki
Surikomi yokogeri gyakuzuki
Surikomi mawashigeri gyakuzuki
Surikomi uramawashigeri gyakuzuki
Surikomi ushirogeri gyakuzuki
Ushiromawashi geri
Unsoku

Pairs

Ohyo bunkai
Ohyo kumite 2,3
Hokei Kumite 54321

Kumite

