

# 3rd Kyu (Sankyu) Test

# Brown Belt

A 3rd kyu student exhibits total body control, firm body movements, and kicks with precision. Performs *Tekki Shodan* with proper rotation and decisive power.

## Key Performance Points:

Every move is deliberate and sharp, heel landing at the same time as focus

## Kata

Required:

*Tekki Shodan*

One of the following (tester's choice):

*Heian Shodan*

*Heian Yondan*

*Empi*

*Heian Nidan*

*Heian Godan*

*Jion*

*Heian Sandan*

*Tekki Shodan*

*Jutte*

## Basics

1. **4 times moving forward**
  - a. *jōdan oi zuki*  
Step into a lunge punch (front stance), 60% energy
  - b. *gyaku zuki*  
Reverse punch (front stance), 30% energy
  - c. *oi zuki*  
Lunge punch (front stance), 100% energy
2. **4 times moving backward**
  - a. *age uke*  
Step back into a rising block (front stance)
  - b. *mae ashi geri*  
Front snap kick with the front foot, land in front stance
  - c. *gyaku zuki*  
Reverse punch (front stance)
3. **4 times moving forward**
  - a. *shutō uchi*  
Step into a knife-hand strike (front stance)
  - b. *gyaku empi uchi*  
Reverse elbow strike (front stance)
4. **4 times moving backward**
  - a. *uchi uke*  
Step back into an inside block (front stance)
  - b. *kizami zuki*  
Jab with the blocking arm (front stance)
  - c. *gyaku zuki*  
Reverse punch (front stance)
5. **5 times moving forward, then turn around**
  - a. *shutō uke*  
Step into a knife-hand block (back stance)
  - b. *mae ashi geri*  
Front snap kick with the front foot, land in front stance
  - c. *nukite*  
Reverse spear-hand strike (front stance)
6. **5 times moving forward, then turn around**
  - a. *mae ashi geri*  
Front snap kick with the front foot, land in front stance
  - b. *oi zuki*  
Step into a lunge punch (front stance)
7. **5 times moving forward, then turn around**
  - a. *mae ashi geri*  
Front snap kick with the front foot, land in front stance
  - b. *jōdan mae geri*  
Front snap kick with the back foot to the head, land in front stance
8. **5 times moving forward, then turn around**
  - a. *mawashi geri*  
Roundhouse kick with the back foot, land in front stance
  - b. *gyaku zuki*

- Reverse punch (front stance)
9. **3 times moving sideways, then turn around, then repeat**
    - a. *yoko geri keage*  
Side snap kick, land in horse stance
  10. **3 times moving sideways, then turn around, then repeat**
    - a. *yoko geri kekomi*  
Side thrust kick, land in horse stance
  11. **5 times moving forward, then turn around**
    - a. *ushiro geri*  
Back thrust kick with the back foot, land in front stance
  12. **5 times moving forward, then turn around**
    - a. *mae ashi yoko geri kekomi*  
Side thrust kick with the front foot, land in front stance
    - b. *oi zuki*  
Step into a lunge punch (front stance)
  13. **4 times in place, twice per side**
    - a. *mae geri*  
Front snap kick, do not touch down
    - b. *yoko geri keage*  
Side snap kick, do not touch down
    - c. *ushiro geri*  
Back thrust kick, touch down
  14. **10 times in place per side, in 1 dimension**
    - a. *gyaku zuki*  
Reverse punch from a stationary position to a target that varies vertically (front stance)

## Kumite

1. **sambon kumite**  
Three-step sparring (front stance)
  - a. *jōdan oi zuki / age uke*  
Alternate attacking with a lunge punch to the head and receiving with a rising block
  - b. *oi zuki / ude uke*  
Alternate attacking with a lunge punch and receiving with an outside block
  - c. *mae geri / gedan barai*  
Alternate attacking with a front snap kick and receiving with a downward block
2. **ippon kumite**  
One-step sparring (front stance)
  - a. *jōdan oi zuki / age uke*  
Alternate attacking with a lunge punch to the head and receiving with a rising block
  - b. *oi zuki / ude uke*  
Alternate attacking with a lunge punch and receiving with an outside block
  - c. *mae geri / gedan barai*  
Alternate attacking with a front snap kick and receiving with a downward block
3. **go no sen**  
After-the-before movement and timing (fighting position)
  - a. *age uke / gyaku zuki*  
Defend against a lunge punch to the head and counter with a reverse punch
  - b. *ude uke / gyaku zuki*  
Defend against a lunge punch and counter with a reverse punch
  - c. *gedan barai / gyaku zuki*  
Defend against a front snap kick and counter with a reverse punch
4. **sen no sen**  
Before-the-before movement and timing (fighting position)
  - a. *gyaku zuki*  
Defend against a supposed attack with a reverse punch attack
5. **3 times**
  - a. *oi zuki*  
Attack with a stepping lunge punch (fighting position)
6. **3 times**
  - a. *gyaku zuki*  
Attack with a stepping reverse punch (fighting position)
7. **3 times**
  - a. *mae geri*  
Attack with a stepping front snap kick (fighting position)