

BROWN BELT 3 (THREE RED STRIPE)

1. **KETTE JUNZUKI.** Front snap kick with the ball of the foot with the same hand punch to the stomach.
2. **KETTE GYAKUZUKI.** Same as above but with opposite punch leave the punch out.
3. **KETTE JUNZUKI NO-TSUKKOMI.** Front snap kick to the stomach with the same hand lunge punch to the face, from the lunge position do the snap kick now to the groin.
4. **KETTE GYAKUZUKI NO-TSUKKOMI.** Front snap kick with the ball of the foot land to side (ice skating) so heel and toe are in line. The punch should be done as you land; punch goes to the knot of the belt.
5. **TOBIKOMI ZUKI-NAGASHI ZUKI GYAKUZUKI.** From natural stance fall forward into a lunge then do front snap punch to the face then with the same hand keeping your front knee where it is do counter punch to the face with the same hand, then open out your stance with your front leg, then drop your hips and make sure you get your back knee down for the reverse punch with kei.
6. **NIDAN GERI.** Double jumping kick, first one to the stomach the next one to chest or face.
7. **TOBI SOIUTO.** Jumping edge of foot kick (flying kick)

RENRAKU WAZA. (COMBINATION TECHNIQUES)

1. **MAE GERI. TOBIKOMI ZUKI, ASHI BARAI, GYAKU ZUKI CHUDAN.** Front kick to the stomach then with the same hand front snap punch to the face with the same side reverse punch.
- 2.
3. **(MAE GERI, MAWASHI GERI) – (SAME LEG) SURIKOMI MAWASHI GERI JODAN, USHIRO GERI JODAN.** Front kick with the ball of the foot with the same leg do roundhouse kick with the top of the foot. Make sure you land square then half step up with the front leg do round house kick with the top of the foot than as you land across look over your shoulder and check your guard the spinning round house kick with the sole of your foot.
- 4.
5. **SURIKOMI MAE GERI, NAGASHI ZUKI, GYAKU ZUKI CHUDAN, MAWASHI GERI JODAN, USHIRO GERI CHUDAN, URAKEN JODAN.** From fighting stance keep your guard up half step ball of foot kick to the stomach land then do counter punch with the same hand then open up your stance do reverse punch, then off your back leg do round house kick with the top of the foot, land across again then do back kick with the heel of the foot then land across again to do back fist strike to the side of the head.

PAIR TECHNIQUES.

1. ATTACKER LEFT - DEFFENDER LEFT

2. ATTACKER LEFT - DEFFENDER LEFT

KATA.

**1. SEISHAN 2.NAIHANCHI. 3 SEIYUNCHIN. 4. BASSAI – DAI
5. GOJUSHIHO (SHO) 6. WANSHU.
JI YU KUMITE (FREE FIGHTING)**

SENSEI TRISH 07956222036