



## **Ditton Karate Club**

Market Row  
Leybourne  
Kent Little  
ME19 5QL

### **KAIZEN GRADING SYLLABUS**

#### **3<sup>rd</sup> Kyu – For Brown Belt**

5 x Sanbon Tsuki repeat going backwards  
5 x upper/rising block last block with reverse punch, gidan beri  
5 x outside block last block with reverse punch, gidan beri  
5 x inside block last block with reverse punch, gidan beri  
5 x Gidan beri block last block with reverse punch, gidan beri  
5 x outside block, empi, uraken, reverse punch, gedan berai  
5 x inside block, kizami tsuik, reverse gedan berai  
Stauchie leading leg mae geri, nukite  
Mai geri jodan, chudan (2 kicks one count)  
Side snap, side thrust (2 kicks one count)  
Mawashi geri, Ushiro geri (2 kicks one count)  
Forward Oisuki, back jodan block, forward outside block, forward inside block, gedan berai  
One step attack – jodan, chudan, chudan, mae geri side thrust  
Kata – *Teiki Shodan*

***\* PLEASE NOTE THIS SYLLABUS IS FOR GUIDANCE ONLY AND MAY VARY\****