

3rd KYU

Kata:

Sanchin
Gekusai Dai

5 Page Essay:

Subject given by Sensei

Take Downs

1. Body Slam
2. Oyama's Lift
3. One Hand Pull Down
4. Double Arm Kick Block to Take Down

Chokes:

1. Long/Short
2. Lapel
3. Naked Strangle
4. Sleeper
5. Block for a Choke

Technique:

- Popping & Kinking
 1. Mae Geri
 2. Mawashi Geri
 3. Yoko Geri

Must have attended at least 26 classes since last testing

Must be able to properly execute 20 pushups

Must show focus and power while properly executing all techniques during class.

Must be able to count to 20 in Japanese