

Sankyu | Green Belt + Stripe

Requirements

Minimum training time since 4th kyu grading: **60 hours**

Primary Objectives: At this level student should be working much more on the physical level and form and student's fighting style should be technically correct.

In addition to improved previous requirements:

Exercises

55 Push-ups

85 Sit-ups

75 Squats

Strikes

No New Strikes

Blocks

Shuto Juji Uke (open hand cross block) | Jodan, Gedan

Kicks

Uchi Oroshi Kakato Geri (downward inside heel kick)

Soto Oroshi Kakato Geri (downward outside heel kick)

Kake Geri (hook kick)

Stances

Kake Dachii (hooked stance)

Ido Geiko

Ido Geiko Hachi

- Step 1. Step into Zenkutsu Dachii, block Jodan Shuto Juji Uke followed by Gedan Shuto Juji Uke.
- Step 2. With rear leg execute Uchi Oroshi Kakato Geri and return leg to rear, then Soto Oroshi Kakato Geri and step into Zenkutsu Dachii.
- Step 3. Step forward into Kake Dachii, then execute Kake Geri.

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Mawatte: Jodan Shuto Juji Uke.

Kata

Tsuki No (fortune and luck, punching form)

Sanchin (three battles form)

Gekisai Sho (conquer and occupy; demolish or destroy form)

Weapons

Nunchaku Yon (joined two stick form four)

Self Defense

Mugger Hold with Arm Bar

Roundhouse Kick Defense

Basic Jiu-jitsu | Takedowns, Escapes, Mount, Guard

Jiu-jitsu Arm Bars (3 Basic)

Throws

Harai Goshi (sweeping hip throw)

Soto Makikomi (scroll throw)

Kumite

9 Bare Fist Fights