

Green Belt(3rd Kyu)

3RD KYU

Stances

Kake dachi Hooked stance

Strikes

Chudan hiji ate Middle elbow strike

Chudan mae hiji ate Middle front elbow strike

Age hiji ate Rising elbow strike **Jodan/ Chudan**

Ushiro hiji ate Rear elbow strike

Oroshi hiji ate Descending elbow strike

Blocks

Shuto juji uke Knife hand crossed or X shaped
block **Jodan/ Gedan**

Kicks

Mae Kakato geri Front heel kick **Jodan/ Chudan/
Gedan**

Ago geri Jaw heel kick

Kata

Pinan yon Safety and security exercise