



3RD KYU BROWN BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 5 MONTHS & 40 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

Check the Calendar of Events for dates and times of stripe testing.

STRIPE # 1: *KIHON & WAZA*

**** MANDATORY ATTENDANCE: 8 CLASSES ****

KIHON:

- **Wide Hourglass Stance**—Sochin Dachi (*Adults Only*)
- **Half Moon Stance**—Hangetsu Dachi (*Adults Only*)
- **Forearm Sweeping Block**—Haiwan Yoko Uke
- **One Knuckle Punch**—Ippon Ken Zuki
- **Corkscrew Punch**—Hineri Zuki (*Adults Only*)
- **Rising Elbow Strike**—Age Empi Uchi
- **Dropping Elbow Strike**—Otoshi Empi Uchi
- **Returning Wave Kick**—Nami Ashi Geri
- **Double Step Front Kick**—Fumidashi Mae Geri
- **Shuffle Roundhouse Kick**—Tsugi Ashi Mawashi Geri
- **Shuffle Side Kick**—Tsugi Ashi Yoko Geri
- **Shuffle Hook Kick**—Tsugi Ashi Kagi Geri

WAZA:

- **#1**—Lower Sweep Block, Reverse Punch
- **#2**—Upper Rising Block, Reverse Punch
- **#3**—Middle Outside Block, Reverse Punch
- **#4**—Middle Inside Block, Reverse Punch
- **#5**—Knifehand Block, Reverse Punch, Knifehand Block
- **#6**—Front Snap Kick, Lunge Punch
- **#7**—Roundhouse Kick
- **#8**—Side Snap Kick, Backfist Strike

STRIPE #2: *KATA & KOBUDO*

**** MANDATORY ATTENDANCE: 8 CLASSES ****

YOUTH & ADULTS:

- Taikyoku Shodan, Nidan & Sandan
- Pinan Shodan, Nidan, Sandan, Yondan & Godan
- Naihanchi Shodan
- **Wansu, Wankuan, Itosu Lohai Shodan** (*Adults Only*)
- **Seisan** (*Adults Only*)

KOBUDO (ADULTS ONLY):

- **Tenryu No Kon**—*Prerequisite*
- **Matsu Higa No Tonfa**

SEE OTHER SIDE FOR INFORMATION ON STRIPE #3 & STRIPE #4





3RD KYU BROWN BELT REQUIREMENTS SHORINJI RYU KARATE –DO



TOTAL ATTENDANCE MINIMUM: 4 MONTHS & 32 CLASSES

To be eligible to take the final exam for this belt level you must learn and practice the skills listed below and pass a four stripe test. Remember that these are the minimum requirements for this level. They alone cannot determine skills or worthiness of a rank. Requirements also include all lower belt requirements with improved ability. Be sure to attend your class regularly and to use this sheet as a checklist to ensure progress.

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STRIPE #3: KUMITE

**** MANDATORY ATTENDANCE: 8 CLASSES ****

- **Ippon Kumite #1-9—Left & Right Foot Back**
 - * #1—Upper Rising Block, Reverse Punch
 - * #2—Middle Outside Block, Reverse Punch
 - * #3—Lower Sweeping Block, Reverse Punch
 - * #4— Middle Inside Block, Roundhouse Knifehand Strike, Slide in Roundhouse Elbow Strike
 - * #5—Move to Outside in Cat Leg Stance, Side Stomp Kick, Roundhouse Kick, Land with Foot Behind
 - * #6—Elbow Block, Side Elbow Strike, Outside Foot Sweep, Dropping Punch
 - * #7—Palmheel Block, Side Kick, Close Punch, Roundhouse Punch, Hook Foot Sweep, Punch
 - * #8—Forearm Block, Front Elbow Strike, Inside Foot Sweep, Side Stomp Kick
 - * #9—Forearm Sweeping Block, Rising Elbow Strike, Knee Strike, Dropping Elbow Strike
- **IDA (Indirect Attack)—Changing the Timing**
 - * Reverse Punch
 - * Front Snap Kick
 - * Side Snap Kick
- **Jiyu Kumite**
 - * Using SA, ABC, BC, RS, ABT, SS & IDA

STRIPE #4: SELF-DEFENSE & BREAKFALLS

**** MANDATORY ATTENDANCE: 8 CLASSES ****

Ground Self-Defense:

- **Getting Up & Down From the Ground**
- **Side Guard**—Turning, Switching, Side Kick
- **Back Guard**—Turning, Sweeping Leg Kick
- **Apply Scissors & Sweep**
- **Escape Single & Double Grabs**

Spontaneous Self-Defense:

- **Against Grabs & Strikes** —With Multiple Partners
 - * Using Strikes

BREAKFALLS (Level #4—Over a Bump):

- Back Breakfall, Side Breakfall, Front Breakfall & Forward Roll

**NEXT STEP: SATURDAY BELT EXAM (CHECK CALENDAR OF EVENTS FOR DATE & TIME)
BE SURE TO COMPLETE WRITTEN EXAMINATION (IF REQUIRED) & INTENT TO PROMOTE SHEET
AND TURN THEM IN BEFORE EXAMINATION DAY.**

**FULL FORMAL UNIFORM (GI JACKET, PANTS & RANK BELT) MUST BE WORN FOR ALL
SATURDAY BELT EXAMS. STUDENTS NOT IN FULL UNIFORM WILL NOT BE ALLOWED TO TEST.**