



Low Brown Belt – 3rd Kyu Promotion Exam Requirements

Attendance Requirements:

Minimum 30 months total training time.

Minimum 9 months since last full kyu promotion.

General Requirements:

Ability to demonstrate all fundamental body movements and techniques. Knowledge of the basic application to all five Heian kata.

The Exam:

All 4th Kyu High Purple Belt requirements plus the following:

1. Moving forward and backward – front stance, low block, reverse hand punch, face block, reverse hand punch, outer block, reverse hand punch, inner block, reverse hand punch
2. 4-Step Kihon (back stance, knife block version) and 4-Step Kihon (JKA version)
3. Moving forward and backward – front stance, face block, front leg front kick, reverse hand punch
4. Front kick, side thrust/snap kick and round kick with each leg (side kicks crossing from horse stances)
5. Stationary position – front stance, front kick, side kick (snap and thrust) and round kick with the same leg without putting it down
6. Hook kick
7. Kata – Heian Shodan through Heian Godan
8. Kata – Jion
9. One-step self defense
10. Jiyu Kumite (free sparring)

Students are not judged in comparison to one another, but against a minimum standard necessary to earn each specific rank. Judges will take into consideration the age, individual progress and improvement of each student. Participating students are responsible for making themselves familiar with all of the requirements and judging criteria for their specific level of promotion. These requirements are only part of the test – regular class time, attitude, spirit, and attendance are also taken into consideration.