



TOKON TAIKI GRADING SYLLABUS

BROWN - 3rd KYU



Basics

- Kizami zuki oi zuki gyaku zuki
- Mae geri kizami zuki gyaku zuki
- Yoko geri kekomi, uraken uchi, gyaku zuki
- Mawashi geri, uraken uchi, gyaku zuki
- Ushiro geri chudan, uraken uchi and gyaku zuki chudan
- Four kicks: Mae geri, yoko geri, mawashi geri ushiro geri, uraken uchi and gyaku zuki

Kata

- Bassai Dai

Brown Belts must also learn the following katas:

- Kanku Dai,
- Jion,
- Enpi and
- Hangetsu

Kumite

- Ji-yu Ippon Kumite (Semi free Sparring)

Attack: With jodan oi zuki chudan gyaku zuki, mae geri, yoko geri, mawashi geri and ushiro geri on your (right and left side)

Defend & Counter: On your right and left side