



**BLUE BELT (3rd kyu)**  
**SYLLABUS & TRANSLATION SHEET**

**DACHI/DACH**

NEKO ASHI DACH

**STANCE**

Cat stance

**TSUKI / SKI**

IPPON KEN

**PUNCH**

One knuckle punch

**UCHI**

MAWASHI TETSUI

OROSHI TETSUI

SHUTO

**STRIKE**

Roundhouse hammer fist

Descending hammer fist

Knife hand strike

**GERI**

MAE TOBI GERI

**KICK**

Jumping front kick

**IPPON KUMITE**

IPPON KUMITE NI

**ONE STEP SPARRING**

Defence and counter of:

- 3 punches and  
3 kicks left

- 3 punches and  
3 kicks right

**KATA**

ASHIITA YON

**FORMAL PATTERN**

All katas should be  
announced before  
performing them

**ADDITIONAL REQUIREMENTS**

DEMONSTRATE

1 hold & arrest technique,  
derived from either a hold  
or an attack

KUMITE /SPARRING  
ASSESSMENT

Against one opponent  
(at examiners discretion)