

3RD KYU - AO OBI

<u>Fitness</u> 30 x Press Ups 30 x Sit Ups 30 x Leg Raises 30 x Burpees This is a basic fitness requirement and is likely to be repeated during the candidate's grading.	<u>Tanjun Nage Waza</u> <u>Basic Throws</u> As previous belt plus... 4 x 4 Sweeping Half Shoulder 4 x 4 Dropping Full Shoulder 4 x 4 Sweeping Dropping Full Shoulder 4 x 4 Inner Wheel 4 x 4 Outer Wheel 4 x 4 Head Hip Knee 4 x 4 Knee Wheel	<u>Bujutsu</u> <u>Weapon Techniques</u> Knife Kata: Knife Defences: 1 x Held To Stomach 2 x Straight Thrust 2 x Backslash 1 x Overhead 1 x Held To Back 1 x Held To Neck
<u>Kaeshi Ushiro Tsukami</u> <u>Counter Rear Grabs</u> Over Arms Rear: 1) Double Leg Scoop. 2) Major Reap or Sweeping Loin. Under Arms Rear: 1) Finger Lock. 2) Straight Arm Lock.	<u>Kaeshi Mae Tsukami</u> <u>Counter Front Grabs</u> Over Arms Front: 1) Inside Hock. 2) Shoulder Arm Lock. Under Arms Front: Outside Leg Hook.	<u>Nage Waza</u> <u>Throwing Techniques</u> Sweeping Half Shoulder: Dropping Full Shoulder: Sweeping Dropping Full Shoulder:
<u>Nage Waza</u> <u>Throwing Techniques</u> Inner Wheel: Step Over & Kneeling Arm bar. Outer Wheel: Step Over & Kneeling Back Hammer.	<u>Nage Waza</u> <u>Throwing Techniques</u> Knee Wheel: Straight Arm Bar & High Arrest. Dropping Knee Wheel Choke Finish. Head Hip Knee: Arm Entanglement.	<u>Ne Waza</u> <u>Grappling Techniques</u> Defend Strangle from Full Guard: 1) Arm Pit Rollover. 2) Pressure Point Rollover. 3) Naked Choke.

Grading Examination

There is no minimum classroom attendance required for this grading.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.