

3RD KYU - AO OBI

Fitness

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.

Tanjun Nage Waza

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

Bujutsu

Tanto 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

Kaeshi Ushiro

Tsukami

Over Arms Rear:

1) Double Leg Scoop.
2) Major Reap or Sweeping Loin.

Under Arms Rear:

1) Finger Lock.
2) Straight Arm Lock.

Kaeshi Mae Tsukami

Over Arms Front:

1) Inside Hook.
2) Shoulder Arm Lock.

Under Arms Front:

Outside Leg Hook.

Nage Waza

Sweeping Half Shoulder:

Dropping Full Shoulder:

Sweeping Dropping Full Shoulder:

Nage Waza

Inner Wheel:

Step Over & Kneeling Arm bar

Outer Wheel:

Step Over & Kneeling Back Hammer

Nage Waza

Knee Wheel:

Straight Arm Bar & High Arrest

Dropping Knee Wheel

Choke Finish

Head Hip Knee:

Arm Entanglement

Ne Waza

Defend Strangle from Full Guard:

1) Arm Pit Rollover
2) Pressure Point Rollover
3) Naked Choke Rollover

Grading Examination

Revision 13: 31/08/2025

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.