

BROWN BELT

THIRD KYU



STANCES

Parallel stance ☐ ☐ ☐

HAND TECHNIQUES

Tiger mouth Strike ☐ ☐ ☐

BLOCKING TECHNIQUES

Circular chop block ☐ ☐ ☐
Pressing block ☐ ☐ ☐

BLOCKS AND PUNCHES

Soft middle/low block ☐ ☐ ☐
Pressing block ☐ ☐ ☐
Inner/outer block ☐ ☐ ☐

LEG TECHNIQUES

Reverse crescent kick ☐ ☐ ☐
Inside roundhouse kick ☐ ☐ ☐
Flying front/side* ☐ ☐ ☐
Flying front/roundhouse* ☐ ☐ ☐
Flying front/crescent* ☐ ☐ ☐
Axe kick (inside/outside) ☐ ☐ ☐

KATA AND APPLICATIONS

Jutte (Ten hands) ☐ ☐ ☐
Jutte Applications ☐ ☐ ☐
Bo 1 ☐ ☐ ☐
Bo 1 Applications ☐ ☐ ☐

SELF DEFENSE & SPARRING

Disarms (empty vs. tambo) ☐ ☐ ☐
Knife defense (pressing arm) ☐ ☐ ☐
Free sparring ☐ ☐ ☐
Hip throw (ogoshi) ☐ ☐ ☐

BOARD BREAKING

One set by weight ☐ ☐ ☐
One direction, 2 trials
Under 100 lbs - 1 Board
100 - 154 lbs - 2 Boards
155 lbs and up - 3 Boards

MATWORK

Back drop ☐ ☐ ☐

WEAPONS

Bo figure 8 (regular/reverse) ☐ ☐ ☐

STAMINA AND STRENGTH

Pushups: 20 palm ☐ ☐ ☐
Pushups: 20 fingertip ☐ ☐ ☐
Pushups: 20 knuckle ☐ ☐ ☐
Pushups: 15/15 one arm ☐ ☐ ☐

PHILOSOPHY AND LEADERSHIP

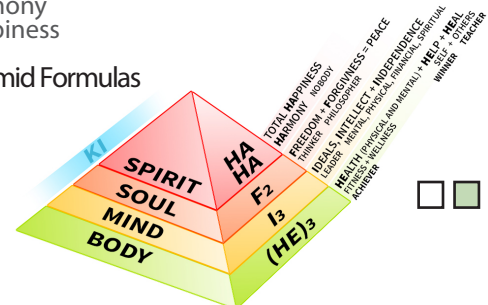
Ten "Nesses" of Leadership ☐ ☐ ☐
Fitness
Wellness
Assertiveness
Openness
Fairness
Directness
Oneness
Togetherness
Forgiveness
Creativeness

Five Ups of Learning and Teaching ☐ ☐ ☐
Shut up
Put up
Beat up
Keep up
Live up

Five Double Troubles to Avoid ☐ ☐ ☐
Alcohol Abuse
Bigoted Bull
Cardiovascular carelessness
Drug Dependency
Excessive ego

Five H's for Life's Meaning ☐ ☐ ☐
Health
Help (self & others)
Heal (self & others)
Harmony
Happiness

Pyramid Formulas



Written paper - two pages ☐ ☐ ☐
(Brief bio, reasons for training, lessons learned, etc.)

Written exam ☐ ☐ ☐
(Code of Ethics, philosophy, martial arts history)

Three minutes public speaking ☐ ☐ ☐
(How training has influenced life)

Attend IATC before Black Belt Test ☐