

VICTOR YOUNG'S
GANBARE SHOTOKAN KARATE-DO OF PRESCOTT
3rd Kyu Entry level Brown Belt Requirements

* In Japanese Terminology *

KIHON-

Hand techniques Forward and backward - Step back w/ right leg Gedan Barai into Zenkutsu Dachi

5 times each from Kamae:

- A. Shift in Kizami, Step in Oi Zuki jodan, Gayaka Zuki chudan
- B. Step back Ageuke, Uraken jodan, Gyakuzuki chudan
- C. Step forward Uchiuke, Kizami, Gyakuzuki chudan
- D. Step back Udeuke, Empi Uchi in Kiba Dachi, Uraken jodan, Gyakuzuki chudan
- E. Step forward Gedan Barai, Uraken jodan, Gyakuzuki chudan
- F. Step back Shutouke, Kizami Mae Geri, Nukite

Kicking techniques – Forward turn and back - Step back w/ right leg Gedan Barai into Zenkutsu Dachi

3 sets each changing legs from Kamae:

- A. Nidan Mae Geri Keage (chudan,jodan)
- B. Nidan Mae Geri Kekomi (chudan,jodan)
- C. Mae Nidan Tobi Geri
- D. Nidan Mawashi Geri (chudan,jodan)

5 times each from Kamae stance:

- A. Yoko Geri Keage chudan
- B. Yoko Geri Kekomi chudan
- C. Mikazuki Geri
- D. Ushiro Geri chudan

**Controlled punching – stationary with kizami or gyaku zuki until “Yame” is called
- left and right side**

KATA-

Must review Heian Shodan to Godan at random

Tekki Shodan

Must know Bunkai

KUMITE-

Jyu Ippon Kumite Left and right side

*** One side does the entire attacks first then change attacker***

- A. Oi Zuki Jodan
- B. Oi Zuki Chudan
- C. Mae Geri Chudan
- D. Yoko Geri Chudan
- E. Mawashi Geri Chudan
- F. Ushiro Geri chudan