

### 3<sup>rd</sup> Kyu

#### ***Nio Ken: Hokei consisting mainly of jodan attacks.***

##### Ryusui Geri (mae – front; evade front)

Stance: Closed

Attacker: Chudan gamae – jodan choku zuki (gyaku)

Defender: Ichiji gamae

##### Ryusui Geri (ushiro – back/rear; evade back)

Stance: Open

Attacker: Chudan gamae – jodan choku zuki (gyaku)

Defender: Ichiji gamae

##### Uchi Uke Zuki

Stance: Closed

Attacker: Chudan gamae – jodan choku zuki

Defender: Ichiji gamae – (left chidori movement)

##### Uwa Uke Geri (omote - front - front hand blocks, step back)

Stance: Closed

Attacker: Chudan gamae – shuto uchi

Defender: Ichiji gamae - mawashi geri

##### Uwa Uke Geri (ura – back; rear or reverse - back hand blocks, step to the side/angle)

Stance: Closed

Attacker: Chudan gamae – shuto uchi

Defender: Ichiji gamae

##### Uwa Uke Zuki (omote)

Stance: Closed

Attacker: Chudan gamae – shuto uchi

Defender: Ichiji gamae

##### Uwa Uke Zuki (ura)

Stance: Closed

Attacker: Chudan gamae – shuto uchi

Defender: Ichiji gamae – (enters with mae chidori ashi)

#### ***Sango Ken: Hokei consisting mainly of chudan attacks which are blocked with the hands and countered with the legs.***

##### Shita Uke Geri

Stance: Closed

Attacker: Chudan gamae – chudan gyaku zuki

Defender: Hasso gamae - gyaku geri

##### Shita Uke Jun Geri (attacker ichiji)

Stance: Closed

Attacker: Ichiji gamae – chudan jun zuki

Defender: Hasso gamae - gyaku shita uke – mawashi jun geri

##### Shita Uke Jun Geri

Stance: Closed

Attacker: Chudan gamae – chudan jun zuki

Defender: Hasso gamae – gyaku shita uke – mawashi jun geri

#### ***Tenno Ken: Hokei consisting mainly of combination attacks which begin with jodan attacks.***

##### Tsuki Ten Ichi

Stance: Open

Attacker: Chudan gamae – jo chu ni ren zuki (front/back punch combination)

Defender: Ichiji gamae – ren uke (two blocks) - mawashi geri

#### ***Ryuo Ken: Hokei consisting mainly of juho techniques to escape from a hold.***

##### Kote Nuki

Stance: Open

Attacker: Chudan gamae (cross grab the inner wrist)

Defender: Chudan gamae

##### Yori Nuki (katate – one hand)

Stance: Open

Attacker: Chudan gamae (grab the outside of the wrist)

Defender: Chudan gamae

##### Yori Nuki (ryote – two hands)

Stance: Closed

Attacker: Chudan gamae (grab the inside of the wrist)

Defender: Chudan gamae

##### Maki Nuki (katate)

Stance: Open

Attacker: Chudan gamae (grab the outside of the wrist and push)

Defender: Chudan gamae

##### Maki Nuki (ryote)

Stance: Closed

Attacker: Chudan gamae (grab the outside of both wrists and push)

Defender: Chudan gamae

#### ***Ryuka Ken: Hokei consisting mainly of techniques which allow for the locking or throwing of an opponent when they are holding a hand or an arm.***

##### Gyaku Gote

Stance: Open

Attacker: Chudan gamae (cross grab the inner wrist and pull)

Defender: Chudan gamae – (apply mae yubi gatame)

##### Okuri Gote (katate - pushing)

Stance: Open

Attacker: Chudan gamae (grab the outside of the wrist and push)

Defender: Chudan gamae – (apply okuri yubi dori)

##### Okuri Gote (katate - pulling)

Stance: Open

Attacker: Chudan gamae (grab the outside of the wrist and pull)

Defender: Chudan gamae – (apply okuri yubi dori)

##### Okuri Maki Tembin

Stance: Open

Attacker: Chudan gamae (grab the outside of the wrist – try to escape by turning)

Defender: Chudan gamae (attempt okuri gote, as attacker turns to escape, apply tembin to the elbow joint)