

FSK Rank Requirements

3rd Kyu (Brown Belt I)

kihon Waza (Basic Techniques)

Show the following stances:

Musubi dachi	Heiko Dachi	Heisoku dachi	Hachiji dachi	Neko Ashi Dachi	Renoji dachi
Kibadachi	Fudo dachi	Kosa dachi	Shiko dachi	Kumite Kamae	Shizen tai

Show Zenkutsu dachi shomen facing and hanmi facing

Te Waza (Hand Techniques)

- Punch in place from kiba dachi (x30)
- Sanbon zuki (jodan, chudan, gedan) in kiba dachi (x30)

Waza (Technique)	Dachi (Stance)	Direction of movement
Sanbon Oizuki (Triple punch)	Zenkutsu	Forward & Backward
Shuto Uke, Mae Geri, Nukite	Kokutsu > Zenkutsu	Forward
Uchi Uke, Enpi Uchi, Gyaku zuki	Zenkutsu > Kibadachi, Zenk	Forward & Backward

Keri Waza (Kicking Techniques)

Waza (Technique)	Dachi (Stance)	Direction of movement
Mae geri Chudan, Mae geri Jodan (same leg)	Zenkutsu	Forward
Mae geri, Yoko geri kekomi (same leg)	Zenkutsu	Forward
Mawashi geri, Ushiro geri (same leg)	Zenkutsu	Forward
Yoko geri kekomi, Ushiro geri (same leg)	Zenkutsu	Forward
Mae geri + Gyaku Zuki	Zenkutsu	Forward

KATA (Forms)

Tekki Shodan	Bunkai for 3 kata sequences for any Heian kata 1-5 or Tekki Shodan
--------------	--

KUMITE:

3 Step Semi-Free Sparring (3 attacks: Jodan Zuki, Chudan Zuki, Chudan Mae Geri)

Jiyu Kumite (free sparring)

UKEMI (Rolling & Falling)

Standing Forward Roll + Standing Back Roll consecutively

Side fall from hip throw, Side fall from wrist throw

Self-Defense

Basic Foot Sweep

Strikes from clinch

Arm drag

Arm wrap

ADDITIONAL

Demonstrate the following:

5 Burpees

30 Squats

45 second planche

Side Split

Front Split

Front Stretch, feet together, seated (toe touch)