

3rd Kyu

Brown Belt 1st Tab

Kata

- Sanchin
- Gekusai Dai

Take Downs

- Body Slam
- Oyama's Lift
- One Hand Pull Down
- Double Arm Kick Block to Take Down

Chokes

- Long/Short
- Lapel
- Naked Strangle
- Sleeper
- Block for a Choke

Essay

- Subject provided by Sensei (5 Pages)

Popping & Kinking

- Mae Geri
- Mawashi Geri
- Yoko Geri



In the Martial Arts, introspection begets wisdom. Always see contemplation on your actions as an opportunity to improve.

- Sosai Masutatsu Oyama (Founder of Kyokushin-kai Karate)