



# Low Brown Belt - 3rd Kyu Promotion Exam Requirements

## **Karate Ranking**

The colored belt ranking system used at the Traditional Karate Center is based on similar systems found in other Japanese martial arts. Karate ranking is based on technical competence and character development. It measures one's improvement, provides valuable feedback and helps to motivate the student towards reaching their goals.

Belt ranking in our dojo uses a system with 10 major levels, or Kyu. 10<sup>th</sup> Kyu (*white belt*) is the lowest, and 1<sup>st</sup> Kyu (*high brown belt*) is the highest. After the Kyu are the *Dan*, or black belt degrees. 1<sup>st</sup> Dan black belt is the lowest and 10<sup>th</sup> Dan black belt is the highest. A TKC student can expect to train 6-8 years to earn the rank of 1<sup>st</sup> Dan black belt. This level is not considered an end, but a new beginning in karate training.

Intermediate belt ranks, called *Provisional* ranks, are also awarded to students from white belt to blue belt. These ranks are not *Full Kyu* levels but stepping stones in between full ranks.

In addition to Full Kyu and Provisional ranks, there are also black rank stripes that can be earned on the student's existing belt. There are three stripe levels between each belt rank in the youth program, and one stripe level between each full rank in the adult program.

Students are not judged in comparison to one another, but are judged against a minimum standard necessary to earn each specific rank. Judges will take into consideration the age, individual progress and improvement of each student. Some specific technical areas of importance include: (1) the ability to move correctly and smoothly from one stance to another, (2) weight distribution in stances, (3) breathing in correspondence with body movements, (4) coordination, (5) physical endurance in stance work, (6) proficiency in kata and knowledge of application of kata, (7) ability to focus, (8) use of hip, (9) proper usage of the different striking surfaces of the hands, arms, feet and legs, (10) knowledge of effective target areas.

**Students participating in a promotion exam are responsible for making themselves familiar with all of the requirements and judging criteria for their specific level of promotion.**

## **Low Brown Belt - 3rd Kyu**

*A minimum of 24 months of total training time.*

*A minimum of 6 months from last full kyu promotion.*

## **General Requirements:**

Ability to demonstrate all fundamental body movements and techniques. In depth knowledge of the application to all five Heian kata

## **The Exam:**

**All 4th Kyu high purple belt requirements plus the following:**

- 1) Moving forward and backward - front stance front kick
- 2) Moving forward and backward - front stance - face block, reverse punch
- 3) Moving forward and backward - front stance - low block, reverse punch
- 4) Moving forward and backward - front stance - outer block, reverse punch
- 5) Moving forward and backward- front stance - inner block, reverse punch
- 6) 10-Step Kihon
- 7) 4-step Kihon (back stance knife block version)
- 8) 4-step Kihon (JKA version)
- 9) Stationary position - ready stance front kick, side kick (snap *and* thrust) round kick with the same leg without putting it down
- 10) Moving forward - rear leg snapping side kick (keage)
- 11) Moving forward - rear leg thrusting side kick (kekomi)
- 12) Moving forward - rear front kick, rear round kick
- 13) Shifting - 2-step action - reverse hand punch, step reverse hand punch
- 14) Shifting - 3-step action - lead hand punch, shift reverse hand punch
- 15) Moving forward - front leg front kick, rear leg round kick, reverse punch
- 16) Moving forward - lead leg hook kick with closing step, reverse punch
- 17) **Kata - Heian Yondan or Heian Godan and applications**
- 18) **Kata - Jion**
- 19) One-step self-defense
- 20) Jiyu kumite (free sparring) and/or sanban kumite (point sparring)

