

**Genbukai Canada**  
**3<sup>rd</sup> kyu grading requirements**  
**Brown belt**

**\*All previous stances, blocks, hand, leg and combination technique requirements**

**KIHON**

All basic technique performed as single techniques

Two-point combinations

Three-point combinations

Multiple technique combinations

**KUMITE KIHON**

Kumite style combinations using lead and reverse hands

Kumite style combinations using legs

Kumite style combinations using hands and legs

**KUMITE**

One-step sparring

Kihon Ippon Kumite

Freestyle sparring

Jiyu Kumite **\*\*important at this level\*\***

Semi-freestyle sparring

Jiyu Ippon Kumite

**KATA**

Kihon Kata

Pinan Ni Dan

Pinan Sho Dan

Pinan San Dan

Pinan Yon Dan

Pinan Go Dan

Sanchin

Aoyagi

Juroku

Naifanchi Sho Dan (new for this level)

Bassai Dai (new for this level)