



KARATE BUDOKAN OMAN

SYLLABUS FOR 3th KYU



LONG TECHNIQUES:

Back leg turning kick, leg forward same leg scissors move side kick, forward stance down block reverse punch.

Back leg front kick, keep the leg forward, double face punch.

Back leg slap kick, cat stance jumping inner crescent kick, scissors move hook kick, back leg slap kick, turn around back kick, keep the leg forward (Back the position)

Kata:

1. Tekki Shodan

Note: A minimum of 4 months training is expected of a member between each promotion from the White Belt stage to the 4th Kyu, after which a 5 monthly interval is required before he/she is tested for the First Kyu. A minimum training period of 6 months is necessary from the 1st Kyu to the Black Belt Shodan



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