

# RED ADV BELT – 03 KYU

## TEST REQUIREMENTS:

10 – 04 KYU Requirements

Elbow 10 (Hiji Jū Waza)– Combos  
(+ sparring and defense/attack combo)

Kicking 8(Geri Waza) – Combos

Blocking 20 (Uke Waza) – Combos  
(+ sparring and defense/attack combo)  
š Elbow and Knee

Form 18 (Jū Hachi Waza)– Combos  
(+ sparring)

Form 22 (NiJū-Ni Waza) - Combos  
(+ sparring)

Form 26 (NiJū-roku Waza) – Combos  
(+ sparring)

Breakfalls (Ukemi)  
š Jump Roll (height and distance)

Wrist Locks 20 (Kansetsu Waza)  
(+ non-stop and combination)  
Kneeling Position

Knife Defense 8 (Tantojutsu)  
(+ moving anywhere, elbow/knee,  
and sweep)

Ground Finishers 8 (Ne-Waza No Kata)  
(+ arrest techniques)

Armbar Drive (Ude-gatame)

- š A – 45 degrees forward
- š B – 45 degrees backward
- š C – 90 degrees side
- š D – 180 degrees
- š E – 0 degrees back

Ankle/Leg Chop Sweep

- š Behind the Ankle/Leg Chop
- š Front Ankle/Leg Chop

Throws & Take Downs (Nage Waza)

- š Single Arm Hip Toss (Ippon Seoi Naga) (9)

Chokes 1- 5 (Shime Waza)

Sparring (Randori)

Push-Ups (Udetate fuse)

- š 40 Fingertip
- š 45 Knuckle

Sit-Ups (Fukkin)

- š 50 Reps