



## Green Belt 3rd kyu Test form

### **Taihenjutsu – basic falling, leaping and evading skills**

1. Shinobi aruki – silent movement walking
2. Taisabake- against a sword attack
3. Taisabake – against a punch
4. Gotonpo – use nature to conceal oneself

### **Dakentaijutsu**

1. Kikaku ken – head butt
2. Kentai ichi – fist, body, harmony punch (waveform with intension)

### **Hajutsukuho (taihodoki) – body escapes**

1. Oyagoroshi – killing the thumb
2. Kooroshi – killing the little finger
3. Ken kudaki – fist crush
4. Koshi kudaki – crushing the hips

### **Nage waza – throwing techniques**

1. Ganseki oshi – pushing throw
2. Ganseki ori – kicking trapping the knee
3. Ganseki othoshi – dropping to the ground
4. Ganseki nage – sweeping the leg

### **B.A.R.**

1. BAR strike with kick to SP6
2. Multiple BAR strikes to attacker
3. BAR with vibration
4. Add all the above together.