

3rd Grade



Basics

Improved Basic Techniques



Patterns

Left and Right Four-directional punch

8th Grade pattern

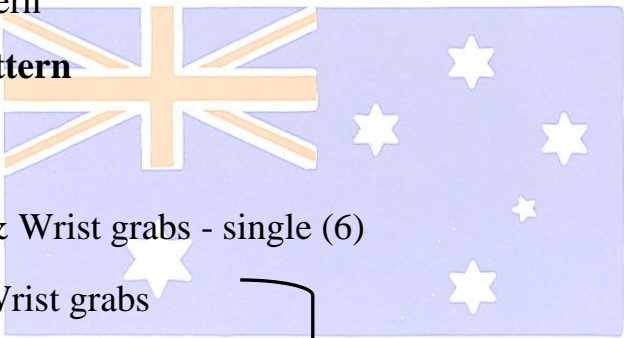
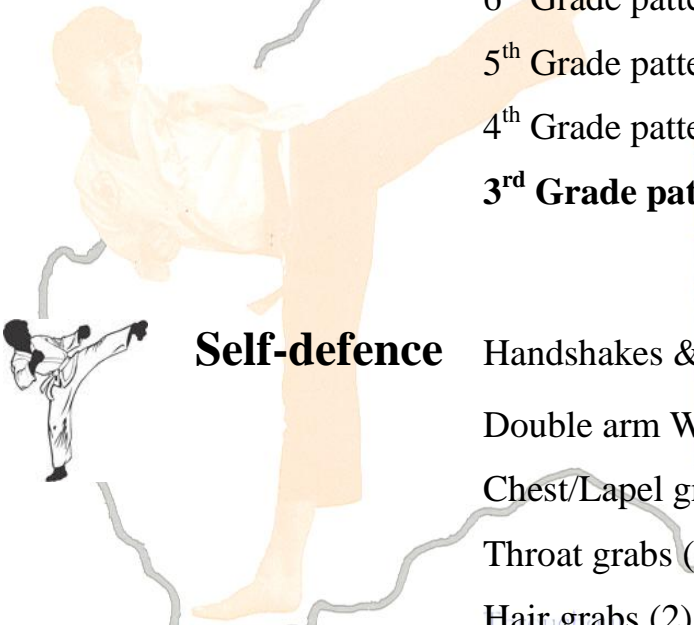
7th Grade pattern

6th Grade pattern

5th Grade pattern

4th Grade pattern

3rd Grade pattern



Self-defence

Handshakes & Wrist grabs - single (6)

Double arm Wrist grabs

Chest/Lapel grabs

Throat grabs (front & behind)

Hair grabs (2) & Ground – side mount (2)

Bear Hug (front & back)

Full Nelson

Armlock

Ground (2) & Knife

Headlock (2) & Knee to head defence

Ground (2)

Defence from weapon (e.g. stick)

min of 6

min of 4

South East Australia.



Sparing

One-step sparing (13 movements)

Free sparing

One-step semi

Two-step semi