

3rd Kyu — Blue Belt

INTERMEDIATE GRADES | Technical examination standard

Objective

Advanced intermediate technical competence.

Required techniques

All previous Skills and Techniques + Spinning hook kick; controlled jumping roundhouse; rear leg sweep; stance switching; advanced counters.

Mandatory combinations

- Double Jab–Cross–Lead Hook–Roundhouse
- Jab–Cross–Roll–Lead Hook–Cross
- Jab–Cross–Lead Uppercut–Rear Uppercut–Lead Hook
- Front Kick–Cross–Axe Kick
- Jab–Cross–Pivot–Roundhouse
- Parry–Cross–Lead Hook–Back Kick
- Jab–Cross–Feint–Spinning Hook Kick
- Feint Jab–Cross–Lead Hook–Roundhouse
- Slip–Cross–Lead Hook–Rear Roundhouse
- Step Back–Cross–Lead Hook–Rear Roundhouse

Defensive application

Counter against sequences; pressure management.

Practical examination

Ten combinations; 4 × 2-minute pads; 2 × 2-minute bag; eight defences; 3 × 2-minute technical sparring or alternative.

Knowledge and conduct

Scoring, tactics and referee role.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.