

To Achieve Black Belt 3rd Dan



1 - SONABA KIHON: (Basic Techniques on the spot X 10 per Count)

Shiko Dachi/ (Horse Riding Stance), - Sonoba Zuki/ (Punch), – **1.1** - Jodan/ (High), X 10, **1.2** - Chudan/ (Body), X 10, **1.3** - Gedan/ (Lower Abdomen), **1.4** - Jodan Uke/ (High Block), X 10, **1.5** - Gedan Barai/ (Low Block), X 10, **1.6** - Gaiwan Uke/ (Outside Block), X 10, **1.7** - Naiwan Uke (Inside Block), X 10

2 - YONHONME SONABA KEKAESHI KERI WAZA: (Quadruple Kicking Techniques on the spot)

Jigo Tai/ (Feet apart at Shoulder Width), Yonhonme Sonaba Geri/ (Four Kicks on One Leg),
2.1 – Maegeri, Mawashigeri, Sokutogeri, Ushirogeri, (Front/ Side/ Thrust/ Back), **2.2** - Ushiro Kakato Geri, Hizageri, Ushirogeri, Maegeri/ (Reverse Heel/ Knee/ Back/ Front), **2.3** - Sokugeri, Hizageri, Maegeri Keage, Mawashigeri/ (Shin/ Knee/ Flick/ Side), **2.4** - Nami Ashi, Maegeri, Ura Mawashigeri, Mawashigeri/ (Snap/ Front/ Hook/ Side)

3- KETTE SANDO/ AYUMI ASHI KIHON: (Kick then techniques moving forward X3)

Kette Sando Junzuki Dachi/ (Forward Punching Stance with a Kick), **3.1** - Kette Sando, Jodan, Chudan, Chudan Zuki/ (Kick/ Head/ Body/ Body), **3.2** - Kette Jodan Uke, Nido Zuki/ (Kick/ High Block/ Body/ Body), **3.3** - Kette Gedan Barai, Nido Zuki/ (Kick/ Low Block/ Body/ Body), **3.4** - Kette Gaiwan Uke, Nido Zuki/ (Kick/ Outside Block/ Body/ Body), **3.5** - Kette Naiwan Uke, Nido Zuki/ (Kick/ Inside Block/ Body/ Body), **3.6** - Kette Sando Gyakuzuki Jodan, Chudan, Chudan/ (Kick/ Forward Reverse Punch Head/ Body/ Body), **3.7** - Kette Sando Junzuki No Tsukkomi, Jodan, Chudan, Jodan/ (Kick/ Leaning Forward High/ Low/ High Punch), **3.8** - Kette Sando Gyakuzuki No Tsukkomi, Gedan, Jodan, Gedan/ (Kick/ Leaning Forward Low, Head, Low Punch), **3.9** - Tobikomi Nagashizuki/ (Jumping Parry Punch), **3.10** - Tobikomi Gyakuzuki Nagashizuki/ (Jumping Parry Reverse Punch)

4 - RENRAKU WAZA (Combination Techniques)

Hanmi Gamae/ (Fighting Stance), **4.1** - Mawashigeri Jodan, Kaiten Ura Mawashigeri Jodan, Tobi Mawashigeri, Chudan Nagashi Gyakuzuki/ (High Side Kick, High Spinning Kick, High Jump Side Kick, Diagonal Reverse Punch to the body), Hanmi Gamae/ (Fighting Stance), **4.2** - Okuri Ashi Chudan Jodan Nagashi Nido Junzuki, Maegeri Chudan, Jodan Chudan Nagashi Nido Junzuki, Maegeri Chudan, Jodan Nagashi Junzuki, Kaeshi Jodan Furiken Uchi, Uraken Uchi Chudan Nagashi Gyakuzuki/ (Moving Forward at an Angle Punching with the Same Arm to Body then Head, Front Kick to Body then Moving Forward at an Angle Punching With the Same Arm to Head then Body, Front Kick to Body, Moving Forward with a Diagonal Punch to the Head Using the same Arm a Swing Punch to the Head then Strike with the Back of the Fist Followed by a Diagonal Reverse Punch to the Body)

5 – GOSHIN HO/ OYO WAZA/ TANTO DORI/ IDORI/ TACHI DORI: (Self Defence, Pair Work, Knife, Ground & Sword Defence)

5.1a Ukemi Jodan Zuki X 3 (Attack Punch to the Head Height), **5.1b** Torimi/ (Any Defence X 3),
5.2a Ukemi Chudan Zuki X 3 (Attack Punch to the Body Height), **5.2b** Torimi/ (Any Defence X 3),
5.3a Ukemi Maegeri Chudan X 3 (Attack Kick to the Body Height), **5.3b** Torimi/ (Any Defence X 3),
5.4a Ukemi Goshin Ho X 3 (Grab the Wrist), **5.4b** Torimi/ (Any Defence X 3), **5.5a** Ukemi with Tanto Chudan X 3 (Attack with a Knife to the Body,) **5.5b** Torimi/ (Any Defence X 3), **5.6a** - Idori, Ukemi X 2 (Attack in Kneeling Position) **5.6b** – Torimi/ (Any Defence in Kneeling Position X 2), **5.7a** Tachi Dori Ukemi with Katana Jodan X 2 (Attack with a Sword to Head), **5.6b** Torimi/ (Any Defence X 2)

6 - TONFA, BO STAFF AND KATANA: (Weapons Combination)

7 - KATA: (Sequence of Techniques with Form)

7.1 - Pinan Kata (Examiners Choice) **7.2** - Kushanku **7.3** - Niseishi **7.4** - Rohai **7.5** - Weapons Kata X 2

8 - JI YU KUMITE: (Free Fighting) Three Exchanges

9 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

10 - TAMESHIWARI: Break the Board (Black)