**3rd Dan – Black Belt**

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15 Minute written exam, covering various aspects of Karate

**BASICS**

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| **KIHON WAZA - Basic techniques** | **RENKEI WAZA - Combination techniques** |
| 1. Kette Junzuki 2. Kette Gyakuzuki 3. Tobikomizuki 4. Nagashizuki 5. Mawashigeri Jodan 6. Sokuto Jodan 7. Ushirogeri Chudan 8. Tobigeri Chudan | 1. Surikomi Maegeri Chudan,Nagashizuki Jodan, Mawashigeri Jodan 2. Sune-geri, Mawashigeri Jodan, Ushirogeri Chudan, Gyakuzuki Chudan |

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke – Nihonme & Sanbonme
2. Chudan Uke - Nihonme & Yonhonme
3. Maegeri Uke - Gohonme & Ropponme

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| **OHYO KUMITE – Semi-free fighting** | **APPLICATION OF KUMITE: Candidates choice** |
| Ropponme, Nanahonme, Happonme  & Happonme Japanese Version | 2x Ohyo  2x Kihon |
| **KIHON KUMITE – Basic Sparring** |  |
| Nanahonme, Happonme, Kyuhonme  & Jipponme |  |

**KATA**

Pinan Shodan, Kushanku, Niseishi, jittei & Jion

**JI YU KUMITE**