**3rd Dan – Black Belt**



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**