

Dan Grading Syllabus

BLACK BELT

Sandan

**3rd
Dan**

KIHON

Fudo dachi, gedan barai

- Jun zuki (chudan)
- Jun zuki sanbon (changing into zenkutsu dachi)

Zenkutsu dachi, gamae

- Kizami zuki, tate shuto, gyaku zuki, jiyu gamae
(Leading punch, vertical hand block, reverse punch, free stance)
- Kizami zuki, gyaku zuki, mawashi geri, uraken, gyaku zuki, jiyuu gamae
(Leading punch, reverse punch, roundhouse kick, back fist, reverse punch, free stance)

Zenkutsu dachi, gamae (left and right sides)

- Mae geri, yoko geri keage, ushiro geri, mawashi geri

KIME WAZA

- Kizami zuki, gyaku zuki

KATA

2x Sentei Kata (Student's choice)

- Sochin
- Tekki Sandan
- Chinte
- Ji'in
- Nijushiho

KUMITE

Jiyu Kumite

(up to 3 separate opponents)