



3rd DAN BLACK BELT - SANDAN

SYLLABUS & TRANSLATION SHEET

TANTO

KNIFE DEFENCE

Defence against 3 pre-arranged knife attacks. Each should include removal of weapon and /or restraint of attacker.

SUWARI WAZA

KNEELING TECHNIQUES

Defence against 3 pre-arranged attacks with candidate starting from kneeling position.

KYUSHO WAZA

PRESSURE POINT TECHNIQUES

Demonstrate

2x techniques from pre arranged attack of students choice

ASHI BARAI

SWEEPS

KANI-BASAMI
GERI BARAI

Scissor sweep
Advanced leg sweep
(of students choice)

GERI/TSUKI KIHON

KICK/PUNCH COMBINATION

Stepping & moving forward in Zen kutsu dachi, all kicks off the back leg alternating. Movements should flow and head should remain at the same height throughout.

1. Kizami tsuki jodan, mawashi geri chudan, oi tsuki jodan, gyaku tsuki chudan - mawatte and repeat
2. Mae geri, yoko geri, mawashi geri, ushiro geri, uraken jodan gyaku tsuki chudan

IPPON KUMITE

ONE STEP SPARRING

GOHON KUMITE

Five step basic sparring

The attacker steps in five consecutive times with a striking technique with each step. The defender steps back five times, blocking each technique. After the fifth block, the defender executes a counter-strike.

KATA

FORMAL PATTERN

ASHIITA KU

All katas should be announced before performing them

STAMINA ASSESSMENT

In addition to all previous grade stamina assesement, candidate will be expected to complete:

MAE GERI CUMULATIVE KICK CHALLENGE	1 kick left, 1 kick right
MAWASHI GERI CUMULATIVE KICK CHALLENGE	2 kick left, 2 kick right etc. Up to a count of 10 alternating kicks each side

ADDITIONAL REQUIREMENTS

DEMONSTRATE

Knee slide comprising high knee chamber and minimum of 3 consecutive kicks. (without dropping knee in between)

EXPLAIN

Spirit
Focus
Control (and demonstrate)

TO OBTAIN THIS BELT REQUIRES 3 YEARS OF CONTINUOUS TRAINING FROM 2ND DAN.