

Sandan – 3rd Dan Black Belt
(Fourteenth Belt/Grade)

Minimum Training Time:
3 Years

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

ENGLISH

Tsuki Waza

Punches

1. (Ni) Chokuzuki (Jodan)
2. Gyakuzuki (Chudan)
– Chokuzuki (Jodan)
3. Agezuki (Jodan)
– Mawashizuki (Jodan)
4. Otoshi Tetsui Uchi (Jodan)
– Agezuki (Jodan)
5. Urazuki (Chudan)
6. Tatezuki (Jodan)
7. Tatezuki (Chudan)
8. Kagizuki (Chudan)
9. Awasezuki (Seizuki/Urazuki)

1. (Double) Snap Punch (Head)
2. Reverse Punch (Body)
– Snap Punch (Head)
3. Rising Punch (Head)
– Roundhouse Punch (Head)
4. Dropping Hammer Fist (Head)
– Rising Punch (Head)
5. (Short Strike) Back Punch (Body)
6. Vertical Fist Punch (Head)
7. Vertical Fist Punch (Body)
8. Hook Punch (Body)
9. Combined Punch (Front Punch/Back Punch)

Kaishu Waza

Open Hand

1. Otosho Teisho Uchi (Jodan)
2. (Yoko) Mawashi Teisho Uchi (Chudan)
3. Ushiro Teisho Uchi (Gedan (Kin))
4. Haishu Uchi (Jodan)
5. Shuto Uchi (Gedan (Kin))
6. Otoshi Shuto Uchi
7. Yonhon Nukite Uchi (Jodan)

1. Dropping Palm Heel (Head (Shoulder))
2. (Side On) Roundhouse Palm Heel (Body)
3. Backward Pam Heel (Low (Groin))
4. Back Hand Slap
5. Knife Hand (Low (Groin))
6. Dropping Knife Hand (Head (Collar Bone))
7. Spearhand Strike (Head (Throat))

Ken (Ippon Ken) Waza

Fist (One Knuckle)

1. Hiraken (*Yonhon Ken*) (Chudan)
2. Nakadaka Ippon Ken (Gedan (Kin))
3. Kokenzuki (Gedan (Groin))
4. Hitosashi Ippon Ken (Gedan (Kin))
5. Ni Hitosashi Ippon Ken (Chudan)

1. Middle Joints Four Fingers (Body)
2. Middle Knuckle Punch (Low (Groin))
3. Top Of Wrist (Low (Groin))
4. Forefinger Knuckle Punch (Low (Groin))
5. 2 Forefinger Knuckle Punches (Body (Ribs))

Empi Waza

1. Soto Mawashi Empi Uchi
2. Ushiro Empi Uchi (Jodan)
3. Otoshi Empi Uchi (Jodan)
4. Mawashi Empi Uchi (Jodan)
5. Uchi Empi Uchi (Jodan)
6. Age Empi Uchi (Jodan)
7. Ni Ushiro Empi Uchi (Chudan)

Elbow Strikes

1. Outside Circle Elbow Strike
 2. Backward Elbow Strike (Head)
 3. Dropping Elbow Strike (Head)
 4. Round Elbow Strike (Head)
 5. Inwards Elbow Strike (Head)
 6. Upward Elbow Strike (Head)
 7. Double Backward Elbow Strike (Body)
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Ude Waza

1. Naiwan Uchi (Gedan (Kin))
2. Gaiwan Uchi (Chudan)

Arm Strikes

1. Inner Forearm Strike (Low (Groin))
 2. Outer Forearm Strike (Body)
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Keri Waza

1. Tobi Maegeri (Jodan) [BL]
2. (Ni) Tobi Mawashigeri (Jodan) [Alt Legs]
3. Tobi Ushirogeri (Jodan)
4. Tobi Yokogeri (Jodan)
5. Tobi Kokatogeri (Jodan) [FL]
6. Sunegeri (Gedan (Mata)) [FL/BL]
7. Maegeri (Jodan)
/ Mawashigeri (Jodan)
[Same Leg]
8. Tobi Ura Mawashigeri (Jodan) [FL]
9. Surikomi Maegeri (Jodan)
/ Mawashigeri (Jodan)
/ Yokogeri (Jodan)
[Same Leg]
10. Tobi Maegeri (Jodan) [FL]
– Tobi Ura Mawashigeri (Jodan) [BL]
11. Maegeri (Jodan) [FL]
/ Mawashigeri (Jodan)
/ Yokogeri (Jodan)
/ Ura Mawashigeri (Jodan)
/ Mawashigeri (Jodan)
/ Kokatogeri (Jodan)
[Same Leg]

Kicks

1. Jump Front Kick (Head) [BL]
 2. 2 Jump Roundhouse Kicks (Head) [Alt Legs]
 3. Jump Back Kick (Head)
 4. Jump Side Kick (Head)
 5. Jump Axe Kick (Head) [FL]
 6. Shin Kick (Low (Thigh)) [FL/BL]
 7. Front Kick (Head)
/ Roundhouse Kick (Head)
[Same Leg]
 8. Jump Hook Kick (Head) [FL]
 9. One Step Front Kick (Head)
/ Roundhouse Kick (Head)
/ Side Kick (Head)
[Same Leg]
 10. Jump Front Kick (Head) [FL]
– Jump Hook Kick (Head) [BL]
 11. Front Kick (Head) [FL]
/ Roundhouse Kick (Head)
/ Side Kick (Head)
/ Hook Kick (Head)
/ Roundhouse Kick (Head)
/ Axe Kick (Head)
[Same Leg]
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Renraku Waza

Combination Techniques

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| <ol style="list-style-type: none"> 1. Tobi Maegeri [BL] <ul style="list-style-type: none"> – Chokuzuki (Jodan) – Ushirogeri (Chudan) – Uchi Mikazukigeri [BL] / Soto Mikazukigeri [Same Leg] – Mawashizuki [BA] – Agezuki [FA] – Yokogeri (Chudan) [FL] / Yokogeri (Jodan) [Same Leg] 2. Maegeri (Chudan) [FL] <ul style="list-style-type: none"> / Yokogeri (Jodan) / Yokogeri (Chudan) / Mawashigeri (Jodan) / Ura Mawashigeri (Jodan) [Same Leg] – Uchi Mikazukigeri [BL] / Soto Mikazukigeri [Same Leg] – Gyakuzuki (Chudan) – Uraken (Jodan) – Yonhon Nukite (Jodan (Throat)) 3. Tobi Mawashigeri [BL] <ul style="list-style-type: none"> – Tobi Ushirogeri – Uraken (Jodan) – Ashi Barai [BL] – Furizuki [BA] – Fumiko Sokuto (Gedan (Head On Floor)) 4. Tobi Mawashigeri <ul style="list-style-type: none"> – Tobi Mawashigeri [Alt Leg] – Tobi Ushirogeri – Tobi Uchimikazukigeri / Yokogeri (Chudan) [Same Leg] – Uraken (Jodan) – Gyakuzuki (Jodan) – Ashi Barai [BL] / Kokatogeri [Same Leg] | <ol style="list-style-type: none"> 1. Jump Front Kick [BL] <ul style="list-style-type: none"> – Snap Punch (Head) – Back Kick (Body) – Inside Crescent Kick [BL] / Outside Crescent Kick [Same Leg] – Roundhouse Punch [BA] – Rising Punch [FA] – Side Kick (Body) [FL] / Side Kick (Head) [Same Leg] 2. Front Kick (Body) [FL] <ul style="list-style-type: none"> / Side Kick (Head) / Side Kick (Body) / Roundhouse Kick (Head) / Hook Kick (Head) [Same Leg] – Inside Crescent Kick [BL] / Outside Crescent Kick [Same Leg] – Reverse Punch (Body) – Backfist (Head) – Spear Hand (Head (Throat)) 3. Jump Roundhouse Kick [BL] <ul style="list-style-type: none"> – Jump Back Kick – Backfist (Head) – Foot Sweep [BL] – Swing Punch [BA] – Stamping Side Kick (Low (Head On Floor)) 4. Jump Roundhouse Kick <ul style="list-style-type: none"> – Jump Roundhouse Kick [Alt Leg] – Jump Back Kick – Jump Inside Crescent Kick / Side Kick (Body) [Same Leg] – Backfist (Head) – Reverse Punch (Head) – Foot Sweep [BL] / Kokatogeri [Same Leg] |
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Renraku Waza (Cont.)

5. Ushirogeri (Chudan)
 - Uraken (Jodan) [FA]
 - Ushiro Mawashigeri (Jodan) [BL]/ Kokatogeri (Jodan)
[Same Leg]
 - Mawashizuki (Jodan) [BA]
 - Agezuki [FA]
 - Tobi Maegeri Chudan [FL]
 - Tobi Mawashigeri (Jodan) [BL]
 - Tobi Ushiro Mawashigeri (Jodan)
6. Ni Tobi Maegeri (Chudan / Jodan)
 - Mawashigeri (Jodan) [FL]/ Ura Mawashigeri (Jodan)
/ Yokogeri (Jodan)
[Same Leg]
 - Nidan Uchi Mikazukigeri (Jodan)/ Yokogeri (Jodan)
[Same Leg]

Combination Techniques (Cont.)

5. Back Kick (Body)
 - Backfist (Head) [FA]
 - Spinning Hook Kick [BI]/ Axe Kick
[Same Leg]
 - Roundhouse Punch (Head) [BA]
 - Agezuki [FA]
 - Jump Front Kick (Body) [FL]
 - Jump Roundhouse Kick (Head) [BL]
 - Jump Spinning Hook Kick (Head)
 6. Jump Dscissor Front Kick
 - Roundhouse Kick (Head) [FL]/ Hook Kick (Head)
/ Side Kick (Head)
[Same Leg]
 - Scissors Inside Crescent Kick (Head)/ Side Kick (Head)
[Same Leg]
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Sanbon Gumite

(Pairs)

1. Chudan Uchi Uke
– Empi
2. Chudan Soto Uke
– Maegeri
– Gyakuzuki
3. Chudan Uchi Uke
– Kansetsu Waza
4. Chudan Soto Uke
– Kansetsu Waza
5. Jodan Uke Ipponme
6. Jodan Uke Nihonme
7. Jodan Uke Sanbonme
8. Jodan Uke Yonhonme
9. (Chudan) Maegeri Uke Ipponme
10. (Chudan) Maegeri Uke Nihonme
11. (Chudan) Maegeri Uke Sanbonme
12. (Chudan) Maegeri Uke Yonhonme
13. (Chudan) Maegeri Uke Gohonme
14. (Chudan) Maegeri Uke Ropponme

3 Step Fighting

(Pairs)

1. Inside Body Block
– Elbow Strike
2. Outside Body Block
– Front Kick
– Reverse Punch
3. Inside Body Block
– Arm Lock
4. Outside Body Block
– Arm Lock
5. Head Block Number One
6. Head Block Number Two
7. Head Block Number Three
8. Head Block Number Four
9. (Body) Kick Block Number One
10. (Body) Kick Block Number Two
11. (Body) Kick Block Number Three
12. (Body) Kick Block Number Four
13. (Body) Kick Block Number Five
14. (Body) Kick Block Number Six

Ohyo Gumite

(Pairs)

1. Ohyo Gumite Ipponme
2. Ohyo Gumite Nihonme
3. Ohyo Gumite Sanbonme
4. Ohyo Gumite Yonhonme
5. Ohyo Gumite Gohonme
6. Ohyo Gumite Ropponme
7. Ohyo Gumite Nanahonme
8. Ohyo Gumite Hachihonme

Semi Free Fighting

(Pairs)

1. Semi Free Fighting One
2. Semi Free Fighting Two
3. Semi Free Fighting Three
4. Semi Free Fighting Four
5. Semi Free Fighting Five
6. Semi Free Fighting Six
7. Semi Free Fighting Seven
8. Semi Free Fighting Eight

Kihon (Yakusoku) Kumite

(Pairs)

1. Kihon Kumite Ipponme
2. Kihon Kumite Nihonme
3. Kihon Kumite Sanbonme
4. Kihon Kumite Yonhonme
5. Kihon Kumite Gohonme
6. Kihon Kumite Ropponme
7. Kihon Kumite Nanahonme
8. Kihon Kumite Hachihonme
9. Kihon Kumite Kyuhonme
10. Kihon Kumite Jupponme

Basic Sparring

(Pairs)

1. Basic Sparring One
2. Basic Sparring Two
3. Basic Sparring Three
4. Basic Sparring Four
5. Basic Sparring Five
6. Basic Sparring Six
7. Basic Sparring Seven
8. Basic Sparring Eight
9. Basic Sparring Nine
10. Basic Sparring Ten

Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto
9. Seishan
10. Bassai (Passai)
11. Niseishi
12. Wanshu
13. Rohai (Shodan)
14. Jitte
15. Jion

Forms

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four
5. Peaceful Mind Five
6. (Chinese Diplomat) / Viewing the Sky
7. Iron Horse
8. Fighting to the East
9. 13 Hands
10. Storm the Fortress
11. 24 Steps
12. Dumping Form
13. Vision Of A Crane/Heron
14. Ten Hands
15. Temple Sound (Jion-Ji Temple)

Kata Bunkai (Pairs)

Kata Application (Pairs)

Appropriate application for Kata of Grading Instructors Choice

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto
9. Seishan
10. Bassai (Passai)
11. Niseishi
12. Wanshu
13. Rohai (Shodan)
14. Jitte
15. Jion

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four
5. Peaceful Mind Five
6. (Chinese Diplomat) / Viewing the Sky
7. Iron Horse
8. Fighting to the East
9. 13 Hands
10. Storm the Fortress
11. 24 Steps
12. Dumping Form
13. Vision Of A Crane/Heron
14. Ten Hands
15. Temple Sound (Jion-Ji Temple)

Traditional

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|---|---|
| <ol style="list-style-type: none"> 1. Tobikomizuki (Jodan) 2. Nagashizuki (Jodan) <hr/> <ol style="list-style-type: none"> 1. Junzuki (Chudan)
– Mawatte Jodan Uke 2. Kette Junzuki (Chudan)
– Mawatte Jodan Uke 3. Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke 4. Kette Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke 5. Gyakuzuki (Chudan)
– Mawatte Gedan Barai 6. Kette Gyakuzuki (Chudan)
– Mawatte Gedan Barai 7. Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai 8. Kette Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai <hr/> <ol style="list-style-type: none"> 1. Shuto Uke
(Mahanmi Nekoashi Dachi) 2. Moroto Uke
(Mahanmi Nekoashi Dachi) 3. Shuto Uke
(Nekoashi Dachi) 4. Moroto Uke
(Nekoashi Dachi) | <ol style="list-style-type: none"> 1. Sliding Snap Punch (Head) 2. Sliding Twisting Snap Punch (Head) <hr/> <ol style="list-style-type: none"> 1. Lunge Punch (Body)
– Turn Rising Head Block 2. Kick Lunge Punch (Body)
– Turn Rising Head Block 3. Leaning Lunge Punch (Head)
– Turn Rising Head Block 4. Kick Leaning Lunge Punch (Head)
– Turn Rising Head Block 5. Reverse Punch (Body)
– Turn Downward Block 6. Kick Reverse Punch (Body)
– Turn Downward Block 7. Leaning Reverse Punch (Groin)
– Turn Downward Block 8. Kick Leaning Reverse Punch (Groin)
– Turn Downward Block <hr/> <ol style="list-style-type: none"> 1. Knife Hand Block
(Side Cat Stance) 2. Double Forearm Block
(Side Cat Stance) 3. Knife Hand Block
(Cat Stance) 4. Double Forearm Block
(Cat Stance) |
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Additional Techniques

Jiyu Kumite

(Light Contact With Protective Equipment)
(10 X 4 Minutes)

Makiwara

(10 X 4 Minutes)

Goshin Jutsu (X 13)

(7) Single Attacker

(6) Multiple Attackers

Freestyle Tanto Dori (X 9)

(Free Choice)

Sparring

(Light Contact With Protective Equipment)
(10 X 4 Minutes)

Pad Work

(10 X 4 Minutes)

Self Defence (X 13)

(7) Single Attacker

(6) Multiple Attackers

Freestyle Knife Defence (X 9)

(Free Choice)

Wado Tanto Dori (X 3)

(Free Choice)

Wado Idori (X 3)

(Free Choice)

Wado Knife Defence (X 3)

(Free Choice)

Wado Kneeling Defence (X 3)

(Free Choice)

Kansetsu Waza (X 3)

(Free Choice)

(Gyaku)Nage Waza (X 3)

(Free Choice)

Taoshi Waza (X 3)

(Free Choice)

Shime Waza (X 2)

(Free Choice)

Joint Lock Technique (X 3)

(Free Choice)

Throwing Technique (X 3)

(Free Choice)

Take-Down Techniques (X 3)

(Free Choice)

Strangle/Choke Technique (X 2)

(Free Choice)

Sempai Training

(Teach - All Grades)

All Techniques To All Grades

Oral Test – Japanese Words And Meaning

Teaching Ability

(Teach - All Grades)

All Techniques To All Grades

Oral Test – Japanese Words And Meaning
