

SANDAN - BLACK BELT - 3RD DEGREE

BASICS

Demonstrating against a stationary target on all Shotokan basic techniques.

KUMITE

Kihon Ippon Kumite Sets 1 - 7
(when performing these kumites they will be in groups of three)

Jiyu Ippon Kumite Sets 1 - 5
(when performing these kumites they will be in groups of three)

Plus any other previous kumites of the examiners choice

Jiyu Kumite against five consecutive Sandans - this Kumite should be performed non-stop and continue for the duration of 10 minutes.

Kata

The students Tokui Kata with explanation of bunkai.

Bassai Sho, Chinte, Meikyo, Sochin, Tekki Sandan, Tekki Nidan, Gankaku and Hangetsu

Oral Examination

Examination of teaching ability