



Examination requirements 3rd. Dan

Waiting time by arrangement of the trainers and examiners.

Kihon 1: Perform three times (hidari / migi)

1. Zk forward ren-tsuki, age-uke, otoshi empi
2. Zk forward gyaku-tsuki, kizami-tsuki, mawashi-empi
3. Zk backwards shuto-uchi, te-otoshi-uke (same arm)
4. Zk forward nagashi-uke, gyaku-mae-empi-uchi
5. Zk forward taisho-uke, ren-tsuki, ushiro-mae-ashi-geri
6. Zk backward gaiwan-uke, haito-uchi, washide

Kihon 2: Execute once (hidari / migi)

1. Kk forward shuto-uke, kizami-mae-geri, gyaku-tsuki
2. Kk backward osae-uke, suri-ashi gyaku-tsuki
3. Kk forward haishu-uke, sukui-uke, haito-uke (one arm)
4. Kk backwards ryowan-uke, soete-uke-gyaku-ura-tsuki
5. Kk forward morote-uke, implement gyaku-shuto-uchi
6. Kk sideways sukui uke gyaku nukite
7. Kk backward awase-uke, te-otoshi-uchi

Kihon 3: Execute once (hidari / migi)

1. Kb forward nagashi-uke, gyaku-tsuki, nagashi-uke
2. Zk backward juji-uke, ushiro-empi, hiza-geri
3. Zk forward mae-geri, mawahi-geri, gyaku-tsuki
4. Kb forward yoko-geri-keage, yoko-geri-kekomi
5. Zk forward ushiro-geri, mawashi-geri, ushiro-geri
6. Zk forward kizami-mae-geri, kizami-tsuki, gyaku-nukite
7. Kd forward age-uke, otoshi-empi, kizami-tsuki

Sonoba geri: Three times each hidari and migi

1. mae-geri, mawashi-geri, yoko-geri,
2. mae-geri, ushiro-geri
3. fumikomi geri, ashi barai, mae geri kekomi
4. ushiro ashi barai, mawashi geri

Tachikata: Each with hidari / migi from shizentai

heisoku-dachi, heiko-dachi,
musubi-dachi
kiba-dachi, shiko-dachi, kokutsu-dachi
renoji-dachi, kosa-dachi, fudo-dachi,
Hangetsu-dachi

Tsuki waza: Once each hidari / migi from shizentai

oi-tsuki, gyaku-tsuki, ura-tsuki,
mawashi-tsuki,
kagi-tsuki, tate-tsuki, otoshi-tsuki

Sabaki-kihon Direction announced by the examiner (hidari / migi)

1. Yohon me 1 and 2, different combinations
2. After announcement by the examiner.
3. Happo me, different combinations
4. After announcement examiner

Kumite

1. kaeshi-ippon-kumite with jodan / chudan tsuki
mae geri chudan, mawashi geri chudan
yoko geri chudan, ushiro geri chudan
2. Okuri ippon kumite after announcement

Kata

Tokui kata, at the choice of the candidate,
Enpi, Jitte, Meikyo, Ji'in, Sochin, Gankaku
Kanku sho, Nishushiho

Shitai kata, at the choice of the examiner,
Heian 1-5, Tekki Nidan, Bassai-Dai, Jion
Kanku-Dai, Hangetsu and Wankan
Kihon Kata uke ichi, Kihon Kata uke ni, Kihon Kata uke san,
Kihon Kata uke yon

Examination kata should not be shown so far!

Bunkai from the selected kata, at the choice of the candidate, as well as
from the previous program at the choice by the examiner.

Goshin

1. Various attacks, jodan / chudan / keru
2. Defense techniques with corresponding counter

Integration of sabaki-kai! Arm lock

Theoretical essay, at least three pages A4 from a freely selectable topic.
(Submit two weeks before).

Should also include a practical part, if chosen topic 2 - 5 !

1. Training Structure
2. Kata Bunkai
3. Kumite variants
4. Goshin
5. Kihon
6. Etiquette