



## 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 sukuii 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
2. mae geri chudan, mawashi geri chudan
3. yoko geri chudan, ushiro geri chudan
4. 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

Examination kata should not be shown so far!

## Kata Uke

1. From the program

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

## Goshin

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

Integration of sabaki-kai !!!!

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

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