



3.Dan – Sandan

Kihon

- From free-style kamae move forward with gyaku-mawashi-geri.
- Mawatte and from free-style kamae move forward with maegeri/yoko-geri/gyaku-mawashi-geri/mawashi-geri/ushiro-geri/gyaku-zuki (while stepping down).
- From free-style kamae while staying in place kick with the back leg maegeri/yoko-kekomi/ushiro-geri/mawashi-geri (left and right).

Renraku

- Soto uke (fdd) = yoko empi (kbd) = yoko geri kekomi (hd) - turn (counter) clockwise uraken (nkd) gyaku tsuki (zkd)
- Soto uke (zkd) = yoko enpi (kbd) - (bw) turn (counter) clockwise gedan uke (nkd) = yoko geri kekomi (hd) - (fw) turn (counter) clockwise uraken (kkd) = gyaku tsuki (zkd)
- Soto uke (zkd) = yoko enpi (kbd) = yoko geri kekomi (hd) - (bw) turn (counter) clockwise gedan uke (nkd) - (fw) turn (counter) clockwise uraken (kkd) = gyaku tsuki (zkd)
- Uchi uke (kkd) = uchi mawashi geri (nkd) - (fw) turn (counter) clockwise kizame tsuki or nobashi tsuki (zkd) = gyaku tsuki (zkd)
- Shuto uke (nkd) - kai ashi kizame mawashi geri (nkd) - gyaku nukite (zkd)
- Gedan kake uke (nkd) = Kizame mae geri (nkd) - (fw) turn (counter) clockwise with kai ashi Shuto uchi (kkd) = gyaku tsuki (zkd)
- Kizame tsuki (zkd) = age uke (nkd) = kizame mawashi geri (nkd) - (fw) turn (counter) clockwise uraken (zkd) - (fw) turn (counter) clockwise nobashi tsuki (zkd)
- Kizame tsuki (zkd) = age uke (nkd) - (fw) turn (counter) clockwise uraken (zkd) = kizame mawashi geri (nkd) - (fw) turn (counter) clockwise nobashi tsuki (zkd)
- Ushiro geri (zkd) - kai ashi ushiro mawashi geri (zkd) - tsumi ashi ura mawashi geri (nkd) - (bw) uchi uke (fdd) - (fw) (counter) clockwise yoko empi (kbd) - (bw) (counter) clockwise uraken (kkd) + mae geri (nkd) = gyaku tsuki (zkd)

Renraku 2

- vw of aw - Age uke/mae geri (achterste been) - gyaku tsuki
- vw- Soto uke/yoko empi - aw Gedan barai gyaku tsuki
- vw of aw - Shuto uke/kizami mae geri - gyaku nukite
- vw of aw - Gedan barai/uchi uke (neko ashi dachi hinte) - Ura tsuki/gyaku tsuki

Kata

- Heian I t/m V, Tekki I t/m III, Bassai Dai, Kanku Dai, Jion, Empi, Hangetsu, Gankaku, Jitte.
- Tokui kata : vrije keuze uit overige kata's
- Bunkai van de 15 Shoto-kata

Kata

- Tokui-gata
- Sentei-gata: one kata chosen by the examinee from Jion, Bassai-dai, Empi and Kanku-dai