



3rd Dan – Black Belt.

Minimum 3 Years from 2nd Dan Grading.

Introduction to 3rd Dan.

Holding a 3rd Dan should entail a sound knowledge of the grading syllabus to that level, and they should be able to show and demonstrate all the techniques and be able to explain and interpret the techniques and the underlying concepts and principles into their own words so that students can understand.

A 3rd Dan should have the “insight” and “wisdom” necessary to be able to work with and help any students without monitoring from above and have patience, compassion strength and determination required to achieve the seniority and warrant the status and respect required.

PRE- GRADING REQUIREMENT.

Prepare & teach two separate 1 hour classes under supervision prior to the grading. Include warm ups, basics, kata, self-defence and pair work, - to all student levels.

DATE	VENUE	EXAMINERS SIGNATURE

GRADING

KIHON WAZA

1	Junzuki
2	Junzuki Tsukkomi
3	Gyakuzuki
4	Gyakuzuki Tsukkomi
5	Tobikomizuki From Shizentai
6	Nagashizuki From Shizentai
7	Maegeri
8	Mawashigeri
9	Sokuto
10	Ushirogeri
11	Ura Mawashigeri

NAGASHI WAZA

*(These are to be demonstrated with a partner. Show the application from shizentai
With a block and counter strike)*

12	Jodan Nagashi Uke Doji Ni Jodanzuki (Evasion Outside – Block Rear Hand & Front Punch At The Same Time.)
13	Nagashi Uchi Uke / Hente / Shuto Uke (Evasion Inner - Inner Hand Block / Swapping Hands Then Knife Hand Strike)

UKE WAZA

(All done in pair work demonstrate their application.)

14	Jodan Uke
15	Gedan Barai
16	Soto Uke
17	Uchi Uke
18	Shuto Uke
19	Kake Uke

RENRAKU WAZA

20	Ayumiashi (Stepping Back) - Shuto Uke - Maegeri Chudan - Uraken Nagashizuki - Gyakuzuki Chudan - Sokuto Chudan - Kiai. (Step Back Knife-Hand Block - Front Kick To The Body - Evade Back Fist To The Head - Reverse Punch To The Body - Side Kick body - Shout)
21	Uraken Jodan - Gyakuzuki Chudan - Surikomi Maegeri Chudan - Tsugiashi Sokuto - Uraken Jodan - Gyaku Haito Jodan - Kiai. (Back Fist - Reverse Punch - One Step Front Kick - Half Step Side Kick - Back Fist - Reverse Inward Knife Hand To The Head - Shout).

KATA LIST 1.

(Panel Will Pick 2 Plus 1 Bunkai Application From Each Performed Kata.)

	Nidan, Shodan, Sandan, Yodan, Godan or Kushanku.		
22	1.	23	1 Bunkai Application
24	2.	25	1 Bunkai Application

KATA LIST 2.

(Panel Will Pick 2 Plus 1 Bunkai Application From Each Performed Kata.)

	Naihanchi, Seishan, Chinto, Bassai, Rohai or Wanshu		
26	1.	27	1 Bunkai Application.
28	2.	29	1 Bunkai Application.

GRADE KATA.

(The Student Must Complete These Katas).

30	Jitte	31	1 Bunkai Application.
32	Jion	33	1 Bunkai Application.
34	Niseishi	35	1 Bunkai Application.

PAIR WORK KIHON'S.

(Be Able To Confidently Perform (Attack & Defend) Any 4 Kihon Kumite From 1-10)

36	1.
37	2.
38	3.
39	4.

PAIR WORK OHYO'S.

(Be Able To Confidently Perform (Attack & Defend) Any 4 Ohyo Kumite From 1-8)

40	1.
41	2.
42	3.
43	4.

TANTO DORI.

(Traditional Knife Defence)

44	No 2 Kinukugari Dori
45	No 10 Kotenage Dori

KUMITE GATA.

(First 6 of 36 Traditional 36)

46	1. Right Jodan Attack Punch – Defend outside
47	2. Right Chudan Attack Punch – Defend outside
48	3. Right Gedan Attack Kick – Defend outside
49	4. Right Jodan Attack Punch – Defend Inside
50	5. Right Chudan Attack Punch – Defend Inside
51	6. Right Gedan Attack Kick – Defend Inside

STREET SELF-DEFENCE.

(The Student Must Show Practical Self-Defence To The Below Situations.)

52	1. Kick
53	2. Swing Punch
54	3. Choke
55	4. Grab
56	5. Ground Work
57	6. Weapons - Any
58	7. Multiple Attacks – 2 or More Attackers

JI YU KUMITE.

59	Free Fighting / Sparring 2 x 1 Min Rounds 1 On 1
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STUDENTS MUST BE ABLE TO CONFIDENTLY PERFORM EVERY PART OF THE GRADING SYLLABUS TO ACHIEVE THE PASS GRADE