

Sandan

3rd Degree Black Belt - Sensei

Note: Students will be tested on previous material in addition to the following:

Qualifications

EKO, EKGB, or JKA National Referee WUKO rules
Clicker
Knockdown

Kata

The applicant must present a Kata containing a minimum of thirty movements, devised by the applicant.

Conditioning

1. 50 push ups on fingers
2. 150 push ups on knuckles
3. 250 stomach crunches with legs in the air
4. 200 squats

Note: Children under 16 years are not expected to perform push ups on knuckles or fingers.

Fighting

1. 30 x two-minute knockdown fights for seniors (no face contact with hands, holding for a period of 3 seconds is allowed).

Note: 30 x two-minute fights is the minimum number required for this grade. Additional fights can be requested ahead of time, only with the express agreement of the instructor.

Tameshiwari

1. Mandatory break with Seiken
2. Optional break (student's choice)