

Sandan Syllabus

2nd Dan - 3rd Dan



All from freestyle Kamae

Kihon

1. Explanations of any single Kihon technique may be asked for
2. Kizame Tsuki, Gyaku Tsuki, Mawashi Geri, Uraken Gyaku Tsuki, Step back, Gedan Barai, Gyaku Tsuki, Rear leg, Mae Geri, Step back Ushiro Geri, Gyaku Tsuki
3. Mae Geri, Landing back, Kiba Dachi, Opposite Leg Yoko Geri Kekomi, Land Back into Kokutsu Dachi, Kizame Mawashi Geri, Ushiro Geri, Uraken, Gyaku Tsuki, Step back Oi-Tsuki

Kata

- a. Candidate chooses from,
 - b. Examiners choose from,
 - a. Sochin, Unsu, Gankaku, Chinte, Gojushino-Sho
- Explanations of Bunkai from candidates chosen Kata, will be requested
- b. Bassai Sho, Kanku Sho, Nijushihō, Tekki Nidan, Jitte

Kumite

Ju-Ippon, any five attacks (Not pre-arranged)

Requests, asking how to best apply these techniques in a Kumite situation, will be asked