|  |
| --- |
| **Sandan Third Degree Black Belt Test** |

****

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Name:** | | | | | | | | **Test Fee: $300** |
| **Present Rank:** | | | | | | | **Testing Rank: Sandan** | **Result:** |
| **Single Basics** | | | **Score 1-5** | | **Comments** | | | |
| Oi zuki | |  | |  | | | |
| Gyaku zuki | |  | |  | | | |
| Gedan barai | |  | |  | | | |
| Age uke | |  | |  | | | |
| Ude soto uke | |  | |  | | | |
| Ude uchi uke | |  | |  | | | |
| Shuto uke | |  | |  | | | |
| Mae geri | |  | |  | | | |
| Yoko geri kekomi (f. stance) | |  | |  | | | |
| Yoko geri keage (kiba dachi) | |  | |  | | | |
| Mawashi geri | |  | |  | | | |
| Ushiro geri | |  | |  | | | |
| **Stances** | | | **Score 1-5** | | **Comments** | | | |
| Front stance | | |  | |  | | | |
| Back stance | | |  | |  | | | |
| Kiba dachi | | |  | |  | | | |
| Other Stances | | |  | |  | | | |
| **Double Basics** | | | **Score 1-5** | | **Comments** | | | |
| Oi zuki, gyaku zuki | | |  | |  | | | |
| Gedan barai, gyaku zuki | | |  | |  | | | |
| Age uke, gyaku zuki | | |  | |  | | | |
| Soto uke, gyaku zuki | | |  | |  | | | |
| Uchi uke, gyaku zuki | | |  | |  | | | |
| Shuto uke, nukite | | |  | |  | | | |
| Mae geri, jodan oi zuki | | |  | |  | | | |
| Mae geri, gyaku zuki | | |  | |  | | | |
| Yoko geri kekomi, gyaku zuki | | |  | |  | | | |
| Mawashi geri, gyaku zuki | | |  | |  | | | |
| Ushiro geri, gyaku zuki | | |  | |  | | | |
| Mae geri, yoko geri kekomi | | |  | |  | | | |
| Kizami mae geri, mawashi geri | | |  | |  | | | |

|  |  |  |
| --- | --- | --- |
| **Sandan Third Degree Black Belt Test Continued** | | |
| Kizami mawashi geri, ushiro geri |  |  |
| Ushiro geri, mawashi geri |  |  |
| **Triple Combinations** | **Score 1-5** | **Comments** |
| From gyaku zuki: jodan  kizami zuki, chudan gyaku zuki, step chudan gyaku zuki |  |  |
| From gyaku zuki: step  gyaku zuki, jodan kizami zuki, gyaku zuki |  |  |
| Ude soto uke, uraken, empi |  |  |
| Ude uchi uke, jodan kizami zuki, gyaku zuki |  |  |
| Kokutsu dachi shuto uke, kizami mae geri, nukite |  |  |
| Mawashi geri, uraken, gyaku zuki |  |  |
| Ushiro geri, uraken, gyaku zuki |  |  |
| Mae geri, yoko geri kekomi, mawashi geri |  |  |
| Mae geri, mawashi geri, ushiro geri |  |  |
| Single leg mae geri, yoko geri kekomi combo, mawashi geri |  |  |
| Single leg mae geri, mawashi geri combo, ushiro geri |  |  |
| **Quadruple Combinations** | **Score 1-5** | **Comments** |
| Step back age uke, mawashi geri, uraken (kiba dachi), oi zuki |  |  |
| Mae geri, yoko geri, mawashi geri, ushiro geri |  |  |
| Mae geri, yoko geri kekomi,  mawashi geri, ushiro geri (single leg stationary) |  |  |
| **Sparring Combinations** | **Score 1-5** | **Comments** |
| Kizami zuki, mae geri, oi zuki |  |  |
| Kizami zuki, gyaku zuki, kizami mawashi geri, gyaku zuki |  |  |
| Kizami zuki, gyaku zuki, pull front leg back ushiro geri, gyaku zuki |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sandan Third Degree Black Belt Test Continued 2** | | | | | | | | | | | | |
| **Kata** | | | | **Score 1-5** | **Comments** | | | | | | | |
| 1 , 2 , 3 , 4, 5  Heian | | | |  | Speed | Power | Focus | | Balance | Timing | Spirit | Zanshin |
| 1 , 2 , 3  Tekki | | | |  | Speed | Power | Focus | | Balance | Timing | Spirit | Zanshin |
| Bassai Dai | | Kanku Dai | |  | Speed | Power | Focus | | Balance | Timing | Spirit | Zanshin |
| Jion | Jitte | | Jiin |  | Speed | Power | Focus | | Balance | Timing | Spirit | Zanshin |
| Hangetsu | | Empi | |  | Speed | Power | Focus | | Balance | Timing | Spirit | Zanshin |
| Gankaku | | | |  | Speed | Power | Focus | | Balance | Timing | Spirit | Zanshin |
| Tokui Kata  Bassai Sho / Kanku Sho / Nijushiho / Sochin / Gojushiho Sho / Gojushiho Dai / Wankan / Meikyo / Unsu | | | |  | Speed | Power | Focus | | Balance | Timing | Spirit | Zanshin |
| **Semi Free** **Sparring** | | | | **Attacking** | | | | **Defending** | | | | |
| Jodan kizami zuki, chudan gyaku zuki | | | | Score: | | | | Score: | | | | |
| Jodan gyaku zuki, jodan gyaku zuki | | | | Score: | | | | Score: | | | | |
| Jodan oi zuki, chudan gyaku zuki | | | | Score: | | | | Score: | | | | |
| Mae geri - jodan oi zuki | | | | Score: | | | | Score: | | | | |
| Mae geri, mawashi  geri | | | | Score: | | | | Score: | | | | |
| Ushiro geri, uraken  uchi | | | | Score: | | | | Score: | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sandan Third Degree Black Belt Test Continued 3** | | | | |
| **Jiyu** **Kumite** | **Attacking** | | | **Defending** |
| Speed |  | | |  |
| Power |  | | |  |
| Focus |  | | |  |
| Timing |  | | |  |
| Distance |  | | |  |
| Zanshin |  | | |  |
| Spirit |  | | |  |
| **Self Defense** | | **Score 1-5** | **Comments** | |
| Single handed wrist grab with left hand on the same side | |  |  | |
| Single handed wrist grab with right hand from opposite side | |  |  | |
| Double handed wrist grab on right hand of opponent | |  |  | |
| Grabbing both wrist of opponent | |  |  | |
| Single lapel grab with left hand | |  |  | |
| Double lapel grab | |  |  | |