

SANDAN 参段

KIHON-WAZA 基本技

- | | |
|--------------------------------|----------------------|
| 1. Kette-junzuki | 6. Nagashizuki-jodan |
| 2. Kette-gyakuzuki | 7. Mawashigeri-jodan |
| 3. Kette-junzuki-no-tsukkomi | 8. Sokuto-jodan |
| 4. Kette-gyakuzuki-no-tsukkomi | 9. Ushirogeri-chudan |
| 5. Tobikomizuki-jodan | 10. Nidangeri-jodan |

RENRAKU-WAZA 連絡技

1. Zenshinshite-jodan – Renzuki-chudan – Maegeri-chudan – Mawashigeri-jodan – Ushirogeri-chudan – Uraken-uchi-jodan
2. Surikomi-jodan – Renzuki-chudan – Surikomi-sokuto-jodan – Ushirogeri-chudan – Gyakuzuki-chudan
3. Zenshinshite-jodan – Renzuki-chudan – Maegeri-chudan – Nagashizuki-jodan – Gyakuzuki-chudan – Mawashigeri-jodan – Ushirogeri-chudan – Uraken-uchi-jodan

SANBON-GUMITE 三本組手

All

OHYO-GUMITE 応用組手

All

KIHON-GUMITE 基本組手

All

MACHI-OHYO 町応用

All 1-8 (Ipponme – Happonme) plus one.

KATA 形

At least three Kata will be selected from the first nine, as Examiner/s choice, in addition to:

Ji'tte 慈手, Ji'han 慈音, Ji'in 慈陰

JIYU-GUMITE 自由組手

'Free fighting'

HIKKI-SHIKEN 筆記試験

Written test.