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

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| **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 |  |  |

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| **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: jodankizami zuki, chudan gyaku zuki, step chudan gyaku zuki |  |  |
| From gyaku zuki: stepgyaku 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 |  |  |

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| **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 KataBassai 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: |

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|  **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 |  |  |