



## 3rd Dan (Sandan) Syllabus

### Kata

Tokui Kata: Kata of choice

Shitei Kata: Examiners choice of Junro 1-5, Bassai Dai, Kanku Dai, Enpi, Jion, Jitte, Gankaku or Hangetsu

### Kumite

Jiyu Kumite

### Minimum Requirements

36 months of continuous training & 21 yrs of age. Active participation in club activities.  
Strong record of course and seminar attendance.

### The Examiners

Examiners test for an understanding and proficiency in the standard techniques of karate