



## **Sandan 3rd Dan Black Belt**

### Fudo Dachi Gedan Barai Kamae

Jun zuki chudan

Sanbon Jun zuki: Chudan - Jodan gyaku zuki (zenkutsu) - chudan (fudo dachi)

Jiyu na Kamae

Tai Sabaki 45 - Kizami zuki - gyaku zuki - Mawashi geri - Uraken - gyaku zuki

Kizami zuki - Tai Sabaki 90 - Tate shuto uke - gyaku zuki

### Zenkutsu Dachi Shomen:

(Kicking with the same leg:)

Mae geri - Yoko geri - Ushiro geri - Mawashi geri

Candidates choice from:

Sochin

Nijushiho

Tekki Sandan

Chinte

Ji-in

Plus examiners choice from all previous kata.

Jiyu Kumite (Free Fighting)

### Kime waza:

Kizami zuki & Gyaku zuki

[www.tskr.co.uk](http://www.tskr.co.uk)