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| **SANDAN THIRD DEGREE BLACK BELT TEST** |

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| **Name:** | | **Test Fee: $300** |
| **Present Rank:** | **Testing Rank: Shodan** | **Result:** |

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| **Single Basics** | **Score** | | | | | **Comments** |
| Oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Gyaku zuki (stepping back) | 1 | 2 | 3 | 4 | 5 |  |
| Gedan barai | 1 | 2 | 3 | 4 | 5 |  |
| Age uke | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke | 1 | 2 | 3 | 4 | 5 |  |
| Shuto uke | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri kekomi (f. Stance) | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri keage (kiba dachi) | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri | 1 | 2 | 3 | 4 | 5 |  |

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| **Stances** | **Score** | | | | | | | | **Comments** |
| Front stance | 1 | | 2 | 3 | | 4 | 5 | |  |
| Back stance | 1 | | 2 | 3 | | 4 | 5 | |  |
| Kiba dachi | 1 | | 2 | 3 | | 4 | 5 | |  |
| Other Stances | | 1 | 2 | | 3 | 4 | 5 |  | |

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| **Double Basics** | **Score** | | | | | **Comments** |
| Oizuki - gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Gedan barai - gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Age uke - gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke - gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke - gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Shuto uke - nukite | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, jodan oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri - yoko geri | 1 | 2 | 3 | 4 | 5 |  |
| Kizami mae geri, mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Kizami mawashi geri, ushiro geri | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri - mawashi geri | 1 | 2 | 3 | 4 | 5 |  |

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| **Triple Combinations** | **Score** | | | | | **Comments** |
| Starting from gyakuzuki: jodan  kizami zuki-chudan gyakuzuki, step chudan gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Starting from gyakuzuki: step  gyakuzuki, jodan kizami zuki- gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke, uraken, empi | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke, jodan kizami zuki, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Kokutsu dachi shuto uke, kizami mae geri, nukite | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri, uraken, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri, uraken, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko geri, mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, mawashi geri, ushiro geri | 1 | 2 | 3 | 4 | 5 |  |
| Single leg mae geri-yoko geri combo, mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Single leg mae geri-mawashi geri combo, ushiro geri | 1 | 2 | 3 | 4 | 5 |  |

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| **Quadruple Combinations** | **Score** | | | | | **Comments** |
| Step back age uke, mawashi geri, uraken (kibadachi), oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko geri, mawashi geri, ushiro geri | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko geri kekomi,  mawashi geri, ushiro geri, using single leg | 1 | 2 | 3 | 4 | 5 |  |

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| **Sparring Combinations** | **Score** | | | | | **Comments** |
| Kizami zuki, mae geri, oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Kizami zuki, gyaku zuki, kizami mawashi geri, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Kizami zuki, gyaku zuki, pull front leg back ushiro geri,  gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |

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| **Kata** | | | | **Score** | | | | | **Comments** | | | | | | |
| , 2 , 3 , 4, 5   **Heian** | | | |  |  |  |  |  | Speed | Power | Focus | Balance | Timing | Spirit | Zanshin |
| 1 | 2 | 3 | 4 | 5 |
| 1 , 2 , 3   **Tekki** | | | | 1 | 2 | 3 | 4 | 5 | Speed | Power | Focus | Balance | Timing | Spirit | Zanshin |
|   **Bassai Dai** | |   **Kanku Dai** | |  |  |  |  |  | Speed | Power | Focus | Balance | Timing | Spirit | Zanshin |
| 1 | 2 | 3 | 4 | 5 |
|   **Jion** |   **Jitte** | |   **Jiin** |  |  |  |  |  | Speed | Power | Focus | Balance | Timing | Spirit | Zanshin |
| 1 | 2 | 3 | 4 | 5 |
|   **Hangetsu** | |   **Empi** | |  |  |  |  |  | Speed | Power | Focus | Balance | Timing | Spirit | Zanshin |
| 1 | 2 | 3 | 4 | 5 |
|   **Gankaku** | | | |  |  |  |  |  | Speed | Power | Focus | Balance | Timing | Spirit | Zanshin |
| 1 | 2 | 3 | 4 | 5 |
| **Tokui Kata**  **Bassai Sho, Kanku Sho, Nijushiho, Sochin, Gojushiho Sho, Gojushiho Dai, Wankan, Meikyo, Unsu** | | | |  |  |  |  |  | Speed | Power | Focus | Balance | Timing | Spirit | Zanshin |
| 1 | 2 | 3 | 4 | 5 |

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| **Semi Free**  **Sparring** | **Attacking** | **Defending** |
| Jodan kizami zuki, chudan gyaku zuki | Score: | Score: |
| Jodan gyaku zuki, jodan gyaku zuki | Score: | Score: |
| Jodan oizuki, chudan gyaku zuki | Score: | Score: |
| Mae geri - jodan oizuki | Score: | Score: |
| Mae geri, mawashi geri | Score: | Score: |
| Ushiro geri, uraken uchi | Score: | Score: |

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| **Jiyu**  **Kumite** | **Attacking** | **Defending** |
| Speed |  |  |
| Power |  |  |
| Focus |  |  |
| Timing |  |  |
| Distance |  |  |
| Zanshin |  |  |
| Spirit |  |  |

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| **Self Defense** | **Score** | | | | | **Comments** |
| Single handed wrist grab with left hand on the same side |  |  |  |  |  |  |
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| Single handed wrist grab with right hand from opposite side |  |  |  |  |  |  |
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| Double handed wrist grab on right hand of opponent |  |  |  |  |  |  |
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| Grabbing both wrist of opponent |  |  |  |  |  |  |
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| Single lapel grab with left hand |  |  |  |  |  |  |
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| Double lapel grab |  |  |  |  |  |  |
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