



SANDAN 3RD DAN

Everything to 2st Dan

Minimal age: 30

Kicks (geri waza):

- Mae-Tobi-Geri / Yoko-Tobi-Geri

Kata:

- Performing Ten Gyaku Techniques
- Seipai
- Kanku Dai
- Shushiho

Exercises:

- 80 push-ups

Kumite:

- 50 rounds (2 minute)
 - o After 20 rounds 2 minutes rest
 - o After 30 rounds 2 minutes rest
 - o After 40 rounds 2 minutes rest
 - o T0 50 rounds

Only in Summer Camp by International Budokai