



SANDAN TEST

3 years after Nidan, 400 classes

Tai no henko

Morote-dori, Kokyuho, (omote & ura)

Suwari-waza: Shomen-uchi, Ikkyo ~ Gokyo (omote & ura)

Hanmi Handachi:

Katate-dori, Shiho-nage (omote & ura)

Ryote-dori, Shiho-nage (omote & ura)

Ushiro Ryote-tori, 6 variations

Shiho nage, from Yokomen-uchi, Katate-tori, or Ryote-tori

Ryote-tori, Tenchi-nage

Tsuki, kote-gaeshi

Shomen-uchi, irimi-nage

Katate-dori, kaiten-nage, (soto & uchi)

6 Koshi-nage

6 Ushiro Variations

4 Kaishi-waza

Tanto waza (tsuki, yokomen, slash)

3 Jodori

3 Tachidori

Bokken & Jo- 3 partner techniques each)

Randori (3 person attack)

Kokyu dosa