

NSK Sandan Exam Requirements

Prerequisites:

Minimum three years since passing Nidan Exam

Regular attendance

Instruct one class per week (either Little Tigers or regular karate is acceptable)

Minimum 500 word essay on a subject karate related of your choosing

Kata

All Heian katas & bunkai

All Shodan katas & bunkai

All Nidan katas & bunkai

All Sandan katas

Bunkai on tokui kata.

Kihon (all combinations 5Xs)

From Kiba Dachi

- Yoko geri keage pivot yoko gero kikomi uraken

From Kokutsu Dachi

- Shuto uke>kizami mae geri>nukite
- Gedan shuto uke→chudan shuto uke@uchi uke gyaku zuki

From Zenkutsu Dachi

- Soto uke>change to kiba dachi yoko enpi uchi>uraken→chudan oi zuki
- Shifting back age uke>soto uke>gedan barai > gyaku zuki
- Mae geri>mawashi
- (5 kick combination 2 X's) Mae geri>gyaku zuki→Mawashi geri>gyaku zuki→kekomi>gyaku zuki→keage>gyaku zuki→ushiro gero>gyaku zuki

From Sochin

- Kizami zuki>gyaku zuki→mawashi geri>uraken>gyaku zuki
- Kizami zuki>gyaku zuki>kizami zuki →ushiro uraken>gyaku zuki
- Mae geri>gyaku zuki→mawashi geri>gyaku zuki→kekomi>gyaku zuki→ushiro geri>gyaku zuki
- Jodan gyaku zuki→ashi barai>gyaku zuki

Stationary Kicking (left and right side)

- 5 Maegeri keage>yoko geri keage>mawashi geri>yoko geri kekomi>ushiro geri

Kumite

Jiyu Ippon

Hachi Jiyu

Jiyu

肉 意 精 性
体 志 神 格
の の の の
強 強 強 強
さ さ さ さ