



# **Student Curriculum Sandan Black Belt**

# Version History

<b>Date Updated</b>	<b>Version</b>	<b>Comments</b>	<b>Changed By</b>
<b>2022-05-30</b>	2.0	Updated kobudo kata	Shawn Burlew
<b>2016-04-09</b>	1.0	First version	Shawn Burlew

# Sandan Black Belt (3rd Degree)

Kihon	Kata & Bunkai	Partner Drills
<b>Body Conditioning</b>	<b>Shotokan</b>	<b>Self-defense</b>
	Gankaku	Create 20 bunkai
	Gojushiho Sho	<b>Sparring</b>
	Jion	Sticky hands
	Kanku Sho	
	<b>Shorin Ryu</b>	
	Gojushiho	
	Passai	
	<b>Kobudo</b>	
	Tsuken Akacho no Eku Bo (Bo 6)	
	Shimi Igiri Bo Ni (Bo 8)	