



Student Curriculum (Sandan Black Belt)

Version History

Date Updated	Version	Comments	Changed By
2016-04-09	1.0	First version	Shawn Burlew

Sandan Black Belt (3rd Degree)

Kihon	Kata & Bunkai	Partner Drills	Breaking
Fundamentals	Shotokan	Self-defense	Kata Break
Body conditioning	Gankaku	Create 20 bunkai	Power Break
	Gojushiho Sho	Sparring	
	Jion	Sticky hands	
	Kanku Sho		
	Shorin Ryu		
	Gojushiho		
	Passai		
	Kobudo		
	Tsuken Akacho no Eku Bo (Bo 6)		
	Shimi Igiri Bo Ichi (Bo 7)		