



# **Student Curriculum (Sandán 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
<b>Fundamentals</b>	<b>Chung Do Kwan</b>	<b>Self-defense</b>	<b>Kata Break</b>
Body conditioning	Ja On (Jion)	<b>Sparring</b>	<b>Power Break</b>
	<b>Shotokan</b>	Sticky hands (level 3)	
	Jion		
	Pick two: Chinte, Nijushiho, Gojushiho Sho, Gojushiho Dai		
	<b>Shorin Ryu</b>		
	Kusanku		
	<b>Kobudo</b>		
	Tsuken Akacho no Nunte Bo (Bo 4)		
	Tokumine no Kun Ichi (Bo 11)		
	Sai / Tonfa / Kama (optional)		
	<b>Goju Ryu (optional)</b>		
	<b>Eagle Claw Kung Fu (optional)</b>		
	<b>Shaolin 5 Animals Kung Fu (optional)</b>		