

Black Belt

Focus Work

Focus jumping spinning kicks

Partner Work

3 X 30 secs continuous - nukite, uraken, kumade

3 X 30 secs continuous - roundhouse, hook, shin

Pattern Work

- 1) Three leg techniques - three hand techniques
- 2) Three leg techniques - four hand techniques
- 3) Four leg techniques - five hand techniques
(in any order)

Sparring

Kumite

One for one

Freestyle

Circle work

Breaking

Tamashiwara

Any break at instructors request

Instructor may request additional techniques

Kata = Bassai Dai