



## SHOTOKAN 2000 KARATE

### 3rd DAN BLACK BELT

1. **LOW BLOCK (front hand), REVERSE PUNCH, FRONT KICK, and REVERSE PUNCH**
2. **HIGH BLOCK, OUTSIDE BLOCK, LOW BLOCK, INSIDE BLOCK, DOUBLE PUNCH**
3. **FORWARD JAB, REVERSE PUNCH, FRONT KICK, ROUNDHOUSE KICK, REVERSE PUNCH**
4. **SIDE KICK TO ROUNDHOUSE / HOOK KICK (same leg)**
5. **ROUNDHOUSE KICK, (FRONT LEG) SPIN BACK KICK, TO ROUNDHOUSE KICK**
6. **KNEE STRIKE TO HEAD, KNEE STRIKE TO BODY**
7. **FRONT KICK, ROUNDHOUSE KICK, HOOK KICK, FORWARD KNEE STRIKE**
8. **REVERSE PUNCH, (front leg) ROUNDHOUSE KICK, BACK KICK, REVERSE PUNCH**
9. **STEP FORWARD INSIDE BLOCK, STEP BACK INSIDE BLOCK, FORWARD DOUBLE PUNCH, ROUNDHOUSE KICK, BACK KICK, REVERSE PUNCH**
10. **JUMPING FRONT KICK (Both Sides)**

#### Stamina

**CHANGE LEG KNEE STRIKE KNEE STRIKE**

**CHANGE LEG THIGH KICK, ROUNDHOUSE KICK.**

**CHANGE LEG THIGH KICK ROUNDHOUSE KICK. SPIN BACK KICK. (x 5 BOTH SIDES)**

12. **K.ATA: OF CHOICE FROM ADVANCED LIST + (application?)**
13. **SPARRING AS DEEMED BY THE PANEL BAG WORK 2 MINS**
14. **KATA : CHOSEN FROM RADOMLY FROM INTERMEDIATE KATA LIST + APPLICATION**
15.
16. **ANYTHING ELSE DEEMED RELEVANT BY THE GRADING PANEL.**
17. **INTERMEDIATE KATA LIST :**  
**KANKU-SHO BASSAI-SHO KANKU-DAI SOCHIN UNSU NI-JUSHIHO JION**
18. **ADVANCED KATA LIST:**  
**GO-JUSHIHO-SHO GO-JUSHIHO-DAI GANKAKU**