



SANMON 3RD MON ORANGE & WHITE BELT
min. 6 months attendance

PART A - KIHON

(ZKD = zenkutsu dachi) (KKD = kokutsu dachi) (KBD = kiba dachi)

TSUKI WAZA

each technique 5x (5th time KIAI)

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	OI TSUKI JODAN MAWATE	
ZKD – GEDAN BARAI	OI TSUKI CHUDAN MAWATE	
ZKD – GEDAN BARAI	GYAKU TSUKI CHUDAN MAWATE	

UKE WAZA

each technique 5x (5th time KIAI)

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	GEDAN BARAI	
ZKD – GEDAN BARAI	AGE UKE	
ZKD – GEDAN BARAI	SOTO UKE	

GERI WAZA

each technique 5x (5th time KIAI)

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	MAE GERI	
ZKD – GEDAN BARAI	YOKO GERI KEAGE	

PART B - KATA

KATA	TECHNICAL	ATTITUDE	GRADE
TAIKYOKU SHODAN			

PART C - KUMITE
GOHON KUMITE
KIHON IPPON KUMITE

ATTACK	DEFENCE	ATEMI	GRADE
GOHON KUMITE	JODAN AGE UKE	GYAKU TSUKI	
CHUDAN MAE GERI	GEDAN BARAI	CHUDAN GYAKU TSUKI	
JODAN TSUKI	AGE UKE	CHUDAN GYAKU TSUKI	
CHUDAN TSUKI	SOTO UKE	CHUDAN GYAKU TSUKI	

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO