



**Shodan to Nidan
Level 3
Theme: Sen (Timing)**

**White Stripe
Kihon (Basics)/
Drills**

- Demonstrate wrist locks using your palm & Gooseneck
- Demonstrate Avoiding Head on Collisions (Try to blend with your attacker)
- Randori
 - 1) using roundhouse right, & tackle
 - 2) Stepping Off-line
 - 3) Floating Elbow

**Orange Stripe
Kata (form)**

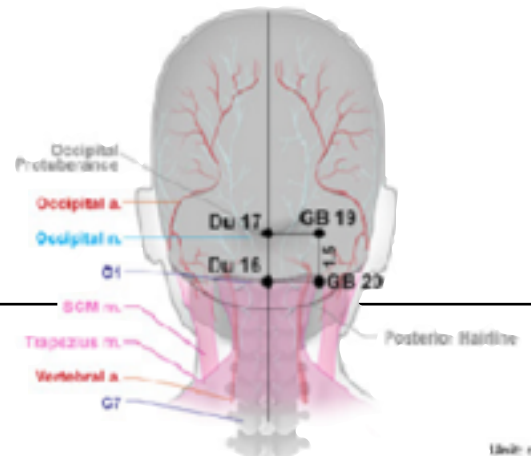
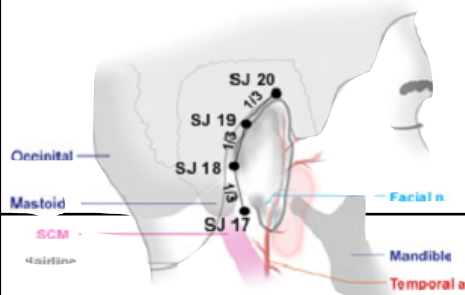
- [Wankan](#)
- Bunkai [Pinan Shodan](#)

**Gold Stripe
Principles/
Background/
Culture**

- Explain 5 levels of Force and know how to handle them
 - 1) Intimidating Demeanor
 - 2) Passive resistance
 - 3) Active resistance
 - 4) Assault
 - 5) Aggravated assault

**Purple Stripe
Conditioning/Self
Defense/Pressure
Points**

- Show location of **TW17** (Triple Warmer #17)
 - **Location:** Behind the jaw, in the depression behind the ear.
 - **Method:** Strike or press in diagonally towards the nose, hitting the point against the back of the jaw-bone.
- Show location of **GB20** (Gallbladder #20)
 - **Location:** In the hollow at the back of the neck, between the trapezius and sternocleidomastoid muscle just below the occipital bone.
 - **Method:** Strike this point (up and in) towards the nose with a ridge-hand or shuto strike.
- Physical Fitness Req. – Can still do Shodan Requirements of:
 - 1) 50 Push-ups
 - 2) 50 Sit-ups
 - 3) 50 Mountain Climbers
 - 4) 100 Jumping Jacks



**Shodan to Nidan
Level 3
6 Months**

- All Level 3 Requirements