



## Nidan to Sandan Level 3

Theme: **Kamae (Fighting Posture)**

### White Stripe Kihon (Basics)/ Drills

- Demonstrate lock using a Base
- Demonstrate defense against a Gun, Knife, and Club (Redirect weapon and “dodge the bullet,” control weapon or counter- attack and disarm or incapacitate)
- Yonhon #2  
*Extra Credit: Stick Drills*
  - High/Low
  - Block/Parry w/live hand and counter

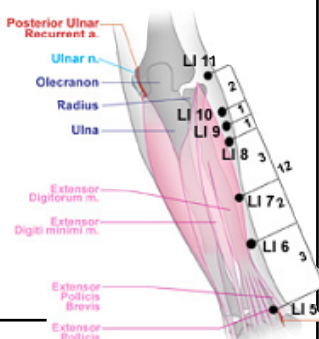
### Orange Stripe Kata (form)

- [Gojushiho](#)
- Bunkai [Wanshu](#) or [Ananku](#)

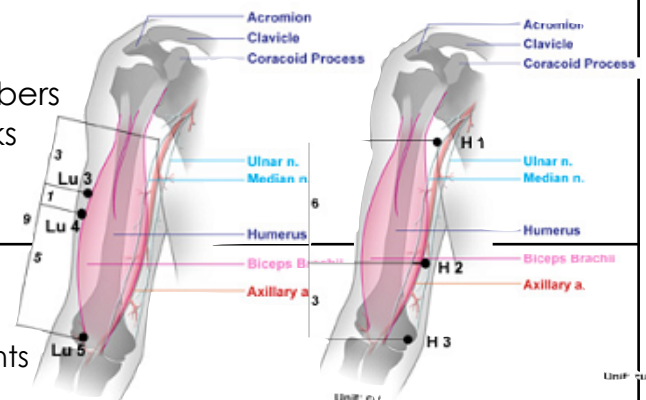
### Gold Stripe Principles/ Background/ Culture

- Describe different body types and how you defend against them.
- Demonstrate creating a base- use your chest, the floor etc. for a base

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



- Show location of **Large Intestine #10 – LI10**
  - **Location:** Approximately 1 cun down from the elbow joint on the outside of the forearm.
  - **Method:** Strike or press this point in towards the bone to cause numbness in the arm.
- Show location of **Lung #5 – LU5**
  - **Location:** At the crease of the elbow, just outside to the biceps tendon at the origin of the brachioradialis muscle.
  - **Method:** Strike in a manner that cuts back towards the hand.
- Show location of **Heart #2 – H2**
  - **Location:** 3 cun above the inside end of the crease of the elbow, in the space between the biceps and triceps.
  - **Method:** This point may be struck or grabbed causing the elbow to bend.
- 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



**Nidan to Sandan  
Level 3  
9 Months**

- All Level 3 Requirements