



3RD DEGREE BLACK BELT (SANDAN)



Kururunfa Kata
Suparinpei Kata

Bo 5
Bo Yakusoku Kumite 2

Nunchaku 3

Sai 2 (Sancho Sai)
Sai Yakusoku Kumite 1

Tonfa 2 (Tonfa Kata Dai Ni)
Tonfa Yakusoku Kumite 1

Kali

- Sambrada Flow Drill
- Single Stick Disarms
 - o Strip
 - o Snake
 - o Under-Over
 - o Hilt (from Open)

Grappling (Ground)

- Arm Bars
 - o Cutting Arm Bar (Side Control)
 - o Cutting Arm Bar (Knee Ride)
 - o Cutting Arm Bar (Guard)
- Ankle Locks
 - o Basic Ankle Lock
 - o Heel Hook
 - o Cross-Ankle Lock (Back Control)
- Omoplata
 - o Omoplata from Guard
 - o Omoplata from Seated Headlock
- Transitions
 - o Spin to Back Control
 - o Over/Under Hook to Side Control
 - o Over/Under Hook to Back Control
 - o Switch Grip Pull to Back Control

Grappling Flow Drills 7-9