



3RD DEGREE TESTING REQUIREMENTS

KICK COMBINATIONS

- Spin Crescent, Jump Round Kick, Spin Swing (360), Pop Crescent (360)
- Shuffle Ax, Jump Round Kick, Tornado-Pop Hook, Jump Front Kick
- Create Combo: 4 - 6 Techniques
- Create Combo: 6 - 8 Techniques

KICKBOXING COMBINATIONS

- Double Jab, Cross, Shuffle Knee, Elbow, Hook, Uppercut
- Double Jab, Cross, Shuffle Round Kick, Cross, Uppercut, Turn Round Kick
- Jab, Def Front Kick, Jab, Shuffle Round Kick, Cross, Hook, Hook
- Jab, Cross, Jab, Defensive Round Kick, Cross, Turn Round Kick
- Jab, Uppercut, Hook, Hook, Body Hook, Back Leg Knee, Cross, Uppercut, Cross, Shuffle Knee, Elbow
- Create Combo 1 6 - Hits
- Create Combo 2 8 - Hits

PARTNER BOXING/KICKBOXING COMBINATIONS

- Step Double Jab, Cross, Roll, Cross, Rudder, Shield | Retreat/Jab Block, Slip, Roll, Hook, Slip, Rudder, Hook
- Jab, Cross, Hook - Roll, Slip, Roll | Palm, Palm, Shield, Hook, Cross, Hook
- Step Right, Cross, Body Hook, Head Hook, Cross | Left High Shield, Right Body Shield, Roll, Slip, Rudder, Hook, Cross
- Shuffle Jab, Lead Round Kick, Cross, Hook, Cross, Shield | Rear Jab Block, Thai Shield Block (Body), Slip, Roll, Rudder, Cross
- Step Jab, Cross, Shuffle Knee/Clinch, Body Hook, Head Hook, Shield, Shield | Palm, Palm Low X, Low Shield, Roll, Cross, Hook
- Create Partner Drill
- Create Partner Drill

Weapons

- Bo Form - Sushi No Kon Sho



CONTEMPORARY FORM

- Created By Student
- 4 Sections in Length
- 8 - 10 Punch Combos
- Includes 4 Trick Combos of 3 - 6 Techniques Each

TRADITIONAL FORM

- Kanku Dai

LEADERSHIP CLASSES

- 50 Helper Classes
- Lead one person to Second Degree
- 2 Year Minimum Training Requirement as a 2nd Degree