

GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Sandan—Black Belt 3rd°



Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

____ 2 years of active training and teaching

Kumite - Sparring

____ Go Aite Kumite - 5 consecutive opponents

7 1/2 minutes minimum to 10 minutes maximum

Waza - Technique

____ San Ju Ni Kihon Waza

____ 3-Part Hand Combinations #1

____ 3-Part Hand Combinations #2

____ 3-Part Leg Combinations #1

____ 3-Part Leg Combinations #2

____ 3-Part Hand/Leg Combinations #1

____ 3-Part Hand/Leg Combinations #2

Interview

Ippon Jiko Boei - One Step Self Defense

____ Chosen by Master Instructor

____ Chosen by Master Instructor

____ Chosen by Master Instructor

Jiko Boei - Self Defense

____ Chosen by Master Instructor

____ Chosen by Master Instructor

____ Chosen by Master Instructor

Kata - Forms/Kobudo - Weapons

____ Any novice kata

____ Any intermediate kata

____ Inuwashi Do Dento-tekina or Jion

____ Any advanced kata/weapon

____ Bunkai—Tsuki No

Tameshiwari - Breaking

____ 5 Station Break Routine

Must include

- 1 power break of 4+ boards
- 1 break with a hand technique
- 1 break with a kick
- 1 speed break