

3rd Dan

Compulsory 'Choshos' since 2nd Dan.

- Superfit 2
- Pad work combs 2
- Create Framework
- Serving the Community
- Urban KB 2
- Board Breaking
- Bag work
- Framework Bunkai

Fitness

1 x 10 minute skip

60 pushups

60 squat thrusts

60 crunches

Kicks & Punches

Perform any kick or kicking combination devised by the panel

Perform any punch or punching combination devised by the panel

Perform and combinations of kicks and punches devised by the panel.

Semi Free padwork (marked on holding and striking)

Combined: 2 x 2 minute rounds

Shadow sparring

2 x 2 minute rounds

Sparring (with any student or instructor)

Minimum of 3 x 2 minutes

Must have achieved 2 of the following:

- Produced a 1st Dan student.
 - Taught own class for 6 months min.
 - Devise 3 Drills for Skills to assist with student development.
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- Regularly promote his/her Academy to the public, VIPing, promotions, schools talks, demos etc.

In addition candidates must;

1. look the part (smart, clean, good role model)
2. Act the part (no drugs, smoking, excessive drinking, gambling, street fighting etc).
3. Be professional at ALL times.