

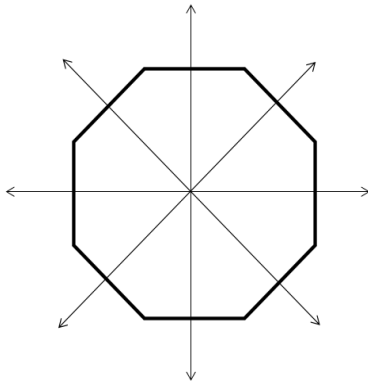
**STAFF/BO/JO
LEVEL 3
(Blue Requirement)**

DRILLS (3 sets of 40)

1. Figure 8
2. Figure 8, 1,2,3
3. Overhead Spin, Strike
4. Short/Long (horse)

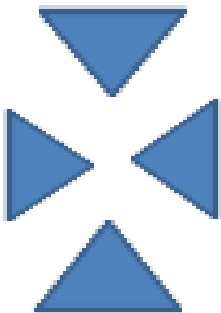
KATAS

**UNIVERSAL BLOCKING/STRIKING
(Sound Off / Kiaii)**



Stepping Sequence

1. One-step pivot (right C-step)
2. One-step pivot (left C-step)
3. Corners (front) RT/LFT
4. Point triangle (rear) RT/LFT



KATA 7

(Sound Off / Kiaii)

MAI NO JO 1 -6

(Sound Off/Slow Smooth Soft/Kiaii)

Shodan: 360 circle block, groin, block down, top corner, cross step bottom corner, circle block, shoman, step back, thrust, thrust, circle block, shoman, center up, knee, ribs, head, turn, top corner, 1,2,3, strike

Nidan: Parry, top corner, cross step bottom corner, circle block, shoman, shoman, ribs 3x, head groin head 3x, circle block, baseball swing, shoman, 1,2,3, strike

Sandan: Step to the side, upward, overhead spin, stepping back shoman 3x, ribs 3x, block, strike, ribs 3x, top corner, head, groin, head, block, 1,2,3, strike

Yandan: Step forward, top corner, step back 1,2,3, switch sides, 1,2,3, trust, 1,2,3, strike

Godan: Step back, trust, cross step, knee strike, step back shoman, shoman, groin, 1,2,3, strike

Rokudan: Step back, thrust, step back, 1,2,3, switch sides, 1,2,3, thrust, 1,2,3, strike

TORI/UKE DRILLS

Universal Blocking Striking Kata (sound off & with Kiaii)

BAG WORK

Test : Staff/Bo/Jo Level 3 Date: _____ Signature: _____

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