

## **SANDAN - SENIORS**

**Kata** : Heian I up to V, Tekki I up to III, Bassai Dai, Kanku Dai, Jion, Empi, Hangetsu, Gankaku, Jitte .

**Tokui kata** : free choice from the other Kata  
Bunkai of the 15 Shoto-kata

**Kumite** :1. Jiyu kumite : minimum 2 fights.  
2. Report about tokui-waza and explanation to higher grades.