



3RD DEGREE BLACK BELT

Techniques:

Marathon of techniques,
Marathon of figures.

Kata

Required:

kata Shodan;

kata Nidan;

kata Sandan;

1st kata nunchaku jutsu;

Competition kata;

1st kata with two nunchakus.

Free to choose kata:

Chainkata 1 until 5;

kata Thé;

kata Block.

Nunchaku jutsu

1st series nunchaku jutsu and

2nd series nunchaku jutsu.