



## **4<sup>TH</sup> DEGREE BLACK BELT**

### **Kata**

Required:

kata Shodan;

kata Nidan;

kata Sandan;

kata Yondan;

2<sup>nd</sup> kata nunchaku jutsu;

competition kata;

1<sup>st</sup> kata with two nunchakus.

Free to choose kata:

Chainkata 1 until 5;

kata Thé;

kata Block;

Competition kata;

Own designed kata.

### **Nunchaku jutsu**

3<sup>rd</sup> serie nunchaku jutsu with opponents and

1<sup>st</sup> kata nunchaku jutsu with opponents.

### **Kumite**

1<sup>st</sup> kumite series.

### **Demonstratie:**

Free form accompanied by music to show all you can with one and two nunchakus.