

# Intermediate Belt Testing Requirements

Traditional	<b>Basic Stances</b>	Ma Dachi Man riding horse stance	Zen Kutsu Dachi Forward Stance	Ashi Dachi Cat Stance
	<b>Basic Blocks</b>	Sedan Uke All Down Blocks	Age Uke Rising Block	Chudan Uke All Middle Blocks
	<b>Kata</b>	Kiso Kata		Pinan Sandan
	<b>Bunkai</b>	Pinan Bunkai #1	Pinan Bunkai #2	Pinan Bunkai #3
Self-Defense	<b>Basic Attacks</b>	#1-#3	#4-#6	#7-#9
	<b>F. A. Concepts</b>	1-9 Striking on Padding		1-9 Striking on live target
	<b>Escapes</b>	Arm grab (bunkai #2)		Back Attack (bunkai #3)
	<b>Elbow Technique</b>	#1		#4
	<b>Kicking</b>	Single Kicks		Double Kicks
Tournament	<b>Sparring Drills</b>	Blocking & Counter #1-9 FA		
	<b>Live Sparring</b>	Use the sparring combo with a live target		
	<b>Physical Eval</b>	<b>Yellow &amp; Gold</b>	<b>Orange &amp; Purple</b>	<b>Green Belt</b>
		20 Pushups	30 Pushups	50 Pushups
		20 Situps	30 Situps	50 Situps
30 Sec Side Kick		40 Sec Side Kick	60 Sec Side Kick	
<b>Important Quiz Dates</b>				
<b>January 15-16</b>		<b>1/2 of Pinan Sandan Bunkai #1 (opening)</b>		
<b>February 12-13</b>		<b>All of Kata Bunkai #2 (choke out), #3 (escape)</b>		
<b>March 9-10</b>		<b>Elbow Technique #1, #4 &amp; Sparring Combo</b>		
<b>Important Test Dates</b>				
<b>March 18, 2020</b>		<b>Orange, Purple, Green, &amp; Brown Belt Testing</b>		
<b>March 19, 2020</b>		<b>White, Yellow, &amp; Blue Belt Testing</b>		
<b>March 20, 2020</b>		<b>Green Belt w/black stripe Testing</b>		
<b>March 23, 2020</b>		<b>Dojo Community Event</b>		
<b>March 24, 2020</b>		<b>TMAA Awards Ceremony</b>		

## Intermediate Belt Curriculum Time-Line

Date		Drill	New Material	Sparring
Day 1	Dec. 23	Warm up & Drills	Pinan Sandan Moves 1-4	Sparring Drills (sensei's choice)
Day 2	Dec. 30	Warm up & Drills	Pinan Sandan Moves 1-4; Bunkai #1	Sparring Drills (sensei's choice)
Day 3	Jan. 1-2	Warm up & Drills	Pinan Sandan Moves 1-6	Sparring Drills (sensei's choice)
Day 4	Jan. 6-7	Warm up & Drills	Pinan Sandan Moves 1-6; Bunkai #1	Sparring Drills (sensei's choice)
Day 5	Jan. 8-9	Warm up & Drills	Pinan Sandan Moves 1-10	Sparring Drills (sensei's choice)
Day 6	Jan. 13-14	Warm up & Drills	Pinan Sandan Moves 1-10; Bunkai #1	Sparring Drills (sensei's choice)
Day 7	Jan. 15-16	1/2 Of Kata & Bunkai #1		
Day 8	Jan. 20-21	Warm up & Drills	Pinan Sandan Moves 11-14	Sparring Drills (sensei's choice)
Day 9	Jan. 22-23	Warm up & Drills	Pinan Sandan Moves 11-14; Bunkai #2	Sparring Drills (sensei's choice)
Day 10	Jan. 27-28	Warm up & Drills	Pinan Sandan Moves 11-16	Sparring Drills (sensei's choice)
Day 11	Jan. 29-30	Warm up & Drills	Pinan Sandan Moves 11-16; Bunkai #2, #3	Sparring Drills (sensei's choice)
Day 12	Feb 3-4	Warm up & Drills	Pinan Sandan Moves 11-19	Sparring Drills (sensei's choice)
Day 13	Feb. 5-6	Warm up & Drills	Pinan Sandan Moves 11-19; Bunkai #2, #3	Sparring Drills (sensei's choice)
Day 14	Feb. 10-11	Warm up & Drills	All of Pinan Sandan; Bunkai #2, #3	Sparring Drills (sensei's choice)
Day 15	Feb. 12-13	All of Kata & Bunkai #2, #3		
Day 16	Feb. 17-18	Warm up & Drills	Elbow Technique #1	Sparring Drills (sensei's choice)
Day 17	Feb. 19-20	Warm up & Drills	Elbow Technique #4	Sparring Drills (sensei's choice)
Day 18	Feb. 24-25	Warm up & Drills	Sparring Concepts (Blocking #1-9 FA)	Sparring Drills (sensei's choice)
Day 19	Feb. 26-27	Warm up & Drills	Elbow Technique #1	Sparring Drills (sensei's choice)
Day 20	Mar. 2-3	Warm up & Drills	Elbow Technique #4	Sparring Drills (sensei's choice)
Day 21	Mar. 4-5	Warm up & Drills	Sparring Concepts (A-B-C Drills)	Sparring Drills (sensei's choice)
Day 22	Mar. 9-10	Elbow Techniques #1 & #4, Sparring Concepts		
Day 23	Mar. 11-12	Test Review		
Day 24	Mar. 16-17	Test Review		
	March 18, 2020	Belt Test		

# Kata Pinan Sandan

## *3rd Master of Peace*

### Kamae-te (hands ready)

Count	Stance	Description of move for reference
#1	Cat stance	Left Middle Block
#2	Feet together	2 Double Blocks
#3	Cat stance	Right Middle Block
#4	Feet together	2 Double Blocks
#5	Forward stance	Augment Block
#6	Forward stance	Left Chop Down, Right Spear (Kiai)
#7	Lean away	Turn Wrist; Shift &
#8	Forward stance	Spin Behind & Fist Hammer
#9	Forward stance	Step Punch (Kiai)
#10	Feet together	Stand with Hands to Both Sides
#11	Horse stance	Right Namiashi, Right Elbow, Right Back Fist
#12	Forward stance	Step Out into forward stance
#13	Horse stance	Left Mikazuki, Left Elbow, Left Back Fist
#14	Forward stance	Step Out into forward stance
#15	Horse stance	Right Mikazuki, Right Elbow, Right Fist Hammer
#16	Forward stance	Step Forward Left Punch (kiai)
#17	Rooted Stance	Stand up in Sanshin with Hands To The Right
#18	Horse stance	Turn Left Elbow, Right Hook
#19	Horse stance	Slide Right Elbow, Left Hook

### Kamae-te (hands ready)

# 1-9 Basic Attacks

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- #1 Right Hand Reverse Punch
  - #2 Left Hand Jab Punch
  - #3 Right Foot Front Kick
  - #4 Left Hand Back Fist
  - #5 Left Hand Ridge Hand
  - #6 Right Hand Knife Hand
  - #7 Left Foot Side Kick
  - #8 Left Foot Round Kick
  - #9 Left Foot Heel Kick
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## 6 Basic Blocks

- #1 Down Block
  - #2 Outside Middle Block
  - #3 Rising Block
  - #4 Inside Middle Block
  - #5 Down Knife Hand Block
  - #6 Middle Knife Hand Block
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## Elbow Technique #1

#1	Dodge To The Right, Left Knife Hand Block
#2	Grab Wrist, Right Front Kick To The Belt
#3	Two Right Elbow Strikes (Kiai)

*Push Away Into Fighting Stance*

## Elbow Technique # 4

#1	Dodge To The Left, Inside Middle Block
#2	Grab Wrist, Left Elbow To The Ribs (Kiai)
#3	Armbar, Lift and Press Down
#4	Elbow Strike To The Back (Kiai)

*Push Away Into Fighting Stance*

