

# 3RD DAN REQUIREMENTS

## 3RD DEGREE BLACK BELT

1 / 4

### General Requirements

- Fluency in all skills required for 1st–2nd Dan.
- Written essay.
- Minimum training-time since attaining 2nd Dan: 2 years; 1440 hours.

### Defense Against Joint Locks (40)

#### Inverted Arm Bar (4)

- 1 Rear Push Throw
- 2 Twin-Arm Shoulder Throw
- 3 Bent Outside Shoulder Throw
- 4 Scoop Shoulder Lock

#### Bent-Arm Wrist Lock (5)

- 5 B: Bent-Arm Wrist Lock
- 6 C: Cross Bent-Arm Wrist Lock
- 7 C: Driving Shoulder Lock
- 8 B: Ankle Hold Throw + Head Butt
- 9 B: Blade-to-Leg Throw

B = Bent-Arm Wrist Lock

C = Cross Bent-Arm Wrist Lock

#### Forearm Arm Bar (7)

- 10 Finger Lock (pinky fulcrum)
- 11 Outside Twisting Arm Lock
- 12 Outside Shoulder Wheel
- 13 Four-Finger Lock
- 14 Inside Twisting Arm Lock
- 15 Passing Armpit Arm Bar
- 16 Shoulder Roll + Blade-to-Leg Throw

#### Elbow Arm Bar (2)

- 17 Elbow Strike + Foot Sweep
- 18 Turning Elbow Strike + Outer Reap

#### Armpit Arm Bar (2)

- 19 Palm Heel + Rear Push Throw
- 20 Back Knee Trip Throw

#### Outward Wrist Lock (2)

- 21 Outward Wrist Lock
- 22 Elbow Arm Bar

#### 360° Outward Wrist Lock (1)

- 23 Inside Twisting Arm Lock

#### Passing Hammer Lock (2)

- 24 Spine Punch Throw
- 25 Tiger Push-Pull Throw

#### Bent-Wrist Hammer Lock (5)

- 26 Outward Wrist Lock
- 27 Elevated Wrist Lock + Stomach Arm Bar
- 28 Elbow Strike + Leg Trap Throw
- 29 Drop Head Hip Throw
- 30 Drop Inside Shoulder Throw

#### Elbow Hammer Lock (2)

- 31 Passing Underhand Arm Bar
- 32 Scoop Shoulder Lock

#### Gooseneck Lock (1)

- 33 Near Shoulder Throw

#### Elevated Wrist Lock (3)

- 34 Armpit Arm Bar
- 35 Forearm Arm Bar
- 36 Twin-Arm Hip Throw

#### Twisting Arm Locks (2)

- 37 Outside: Front Shoulder Lock
- 38 Inside: Front Shoulder Lock

#### Front Shoulder Lock (1)

- 39 Front Shoulder Lock

#### Scoop Shoulder Lock (1)

- 40 Turning Hand Sweep Throw

### Defense Against Throws (20)

- 1 Against Two-Hand Shoulder Throw  
Outward Wrist Lock <sup>10</sup>
- 2 Against Outside Shoulder Throw  
Single-Leg Scoop Throw <sup>11</sup>
- 3 Against Near Shoulder Throw  
Spear Hand Choke + Arm Bar <sup>12</sup>
- 4 Against Inside Shoulder Wheel  
Corner Throw <sup>13</sup>
- 5 Against Inside Hip Throw  
Rear Hip Throw <sup>18</sup>
- 6 Against Hip Throw (1 leg raised)  
Leg Wrap + Sweep <sup>20</sup>
- 7 Against Cross-Outer Reap  
Inner-Thigh Reap Throw <sup>22</sup>
- 8 Against Inner Reap  
Corner Throw <sup>24</sup>
- 9 Against Cross-Inner Reap  
Ankle Wheel Throw <sup>25</sup>
- 10 Against Circle Throw  
Hook Throw + Leg Pin <sup>28</sup>
- 11 Against Scoop Throw  
Rear Push Throw <sup>30</sup>
- 12 Against Two-Hand Reap Throw  
Reclining Front Naked Choke <sup>32</sup>
- 13 Against Two-Hand Reap Throw  
Scooping Neck + Rear Neck Throw <sup>33</sup>
- 14 Against One-Hand Reap Throw  
Twisting Neck Lock <sup>34</sup>
- 15 Against Outside Leg-Lift Throw  
Scissor Throw <sup>35</sup>
- 16 Against Inside Leg-Lift Throw  
Reverse Scissor Throw <sup>36</sup>
- 17 Against Inside Leg-Lift Throw  
Legs-to-Hip Throw <sup>37</sup>
- 18 Against Leg-Twist Throw  
Falling Outside Crescent Kick <sup>38</sup>
- 19 Against Leg-Lock Trip Throw  
Drop Inside Hook Kick, Side Kick <sup>39</sup>
- 20 Against Inside Hip Throw  
Front Drop Throw after fall <sup>40</sup>

**SHORT-STICK TECHNIQUES (80)****Basic Knowledge (12)***Grips (3)*

- 1 End Grip
- 2 Middle Grip
- 3 Two-Hand Grip

*Stances (3)*

- 1 Relaxed Stance
- 2 Fighting Stance (open-hand forward)
- 3 Fighting Stance (Live-Hand on hip)

*Carrying and Drawing (4)*

(with and without cord)

- 1 Sleeve Draw
- 2 Inner-Jacket Draw
- 3 Pants-Pocket Draw
- 4 Belt Draw

*Breakfalls + Tumbling (2)*

- 1 basic breakfalls
- 2 basic rolls

**Short-Stick Strikes (16)**

- 1 Descending Snap Strike
- 2 Inside Snap Strike
- 3 Outside Snap Strike
- 4 Inside Lateral Strike
- 5 Outside Lateral Strike
- 6 Straight Tip Thrust
- 7 Descending Butt Strike
- 8 Rising Tip Strike
- 9 Inside Butt Strike
- 10 Outside Butt Strike
- 11 Inside Tip Strike
- 12 Outside Tip Strike
- 13 Descending Shaft Strike (1 or 2 hands)
- 14 Straight Shaft Thrust (1 or 2 hands)
- 15 Cord-Swing Strike
- 16 Cord-Whip Strike

**Short-Stick Combination Strikes (5)**

- 1 Descending Snap Strike to forehead  
Inside Snap Strike to temple  
Straight Tip Thrust to solar plexus
- 2 Descending Snap Strike to forehead  
Outside Snap Strike to temple  
Inside Snap Strike to knee
- 3 Descending Snap Strike to forehead  
Straight Tip Thrust to groin  
Outside Butt Strike to temple
- 4 Inside Snap Strike to temple  
Straight Shaft Thrust to nose  
Descending Butt Strike to collarbone
- 5 Straight Tip Thrust to throat  
Outside Snap Strike to temple  
Inside Butt Strike (or Inside Tip Strike) to neck

**Short-Stick Blocks (10)**

- 1 Rising Block
- 2 Inside High Block
- 3 Outside High Block
- 4 Inside Middle Block
- 5 Outside Middle Block
- 6 Inside Low Block
- 7 Outside Low Block
- 8 Inside Blending Block
- 9 Outside Blending Block
- 10 Down Block

**Strike + Block Drills (2)**

- 1 Short-Stick against Short-Stick (10-count)
- 2 Short-Stick against Sword (10-count)

**Short-Stick Defense (35)***Against Strikes (12)*

- 1 Inside Block + Tip Thrust
- 2 Inside Block + Outside Strike
- 3 Outside Block + Outside Strike
- 4 Propeller Strikes + Groin Reap
- 5 Two-Hand Block + Thrust
- 6 Circular Parry + Inside Arm Bar
- 7 Inside-Lift Shoulder Lock
- 8 Throat Shoulder Lock
- 9 Head Blending Throw
- 10 Outside Twisting Arm Lock (bar)
- 11 Elbow Hammer Lock
- 12 Lateral Strike + Rear Choke

*Against Holds (4)*

- 13 1-hand stick-grab: Bent-Arm Wrist Lock
- 14 1-hand stick-grab: Outward Wrist Lock
- 15 2-hand stick-grab: Rising Escape + Strike
- 16 Double Lapel Choke: Twin Wrist Trap

*Against Kicks (11)*

- 17 F: Descending Strike + Thrust
- 18 S: Scoop Block + Descending Strike
- 19 S: Hook Block + Strike Knee
- 20 R: Inside Block + Strike Neck
- 21 S: X Leg-Twist Throw
- 22 F: Inside Shin-Press Throw
- 23 S: Outside Shin-Press Throw
- 24 S: Outside Wrap + Spear Chest
- 25 R: Inside Wrap + Spear Groin
- 26 S: Knee Press + Foot Sweep
- 27 S: Leg Outer Reap

*Attacking First (8)*

- 28 Wrist Nerve Takedown
- 29 Shaft Arm Bar
- 30 Two-Hand Arm Bar
- 31 Outward Wrist Lock
- 32 Belt Push-Pull Throw
- 33 Stomp + Groin Push Throw
- 34 Neck Hip Throw
- 35 Five Strike Combo

**Free Sparring with Short-Stick**

- Against unarmed single-attacker
- Against unarmed multiple-attackers
- Against armed multiple attackers
- Against Short-Stick
- Against Knife
- Against Sword
- Demonstrate full-contact improvisation using three standing-bags (at close range): blend Short-Stick strikes with unarmed strikes (e.g., punches, kicks, butts, etc.).

**LONG-STAFF TECHNIQUES (94)****Basic Knowledge (25)***Grips (5)*

- 1 Overhand Grip
- 2 Over-Under Grip
- 3 Swing Grip
- 4 One-Hand Grip
- 5 Palm Grip

*Stances (5)*

- 1 Formal Stance
- 2 Relaxed Stance (vertical staff)
- 3 Relaxed Stance (horizontal staff)
- 4 Defensive Fighting Stance (Back Stance)
- 5 Offensive Fighting Stance (Front Stance)

*Long-Staff Maneuvering Skills (13)*

- 1 Sliding Flip
- 2 Overhead Sliding Flip
- 3 Stationery Grip Change
- 4 Hip Twirl
- 5 Overhead Twirl
- 6 Backhand Twirl
- 7 Finger Twirl
- 8 End Swing
- 9 Figure-8 Motion
- 10 Figure-8 Pass
- 11 Underarm Pass
- 12 Low Back Pass
- 13 High Back Pass

*Breakfalls + Tumbling (2)*

- 1 basic breakfalls
- 2 basic rolls

**Long-Staff Strikes (16)**

- 1 Descending Strike
- 2 Reverse Descending Strike
- 3 Inside High Strike
- 4 Outside High Strike
- 5 Inside Middle Strike
- 6 Outside Middle Strike
- 7 Inside Low Strike
- 8 Outside Low Strike
- 9 Rising Strike
- 10 Reverse Rising Strike
- 11 Straight Tip Thrust
- 12 Sliding Tip Thrust
- 13 Straight Shaft Thrust
- 14 Descending Shaft Thrust
- 15 Swing Strike
- 16 Reverse Outside Strike

**Long-Staff Combination Strikes (7)**

- 1 Descending Strike  
Rising Strike (or vice versa)
- 2 Descending Strike  
Straight Tip Thrust
- 3 Inside Strike  
Inside Strike
- 4 Inside High Strike (low to high)  
Inside Low Strike (low to low)
- 5 Rising Strike  
Inside High Strike
- 6 Reverse Descending Strike  
Overhead Twirl, Inside Strike
- 7 R Reverse Descending Strike  
Figure-8 Motion, L Descending Strike  
R Descending Strike

**Long-Staff Blocks (10)**

- 1 Rising Block
- 2 Inside High Block
- 3 Outside High Block
- 4 Inside Middle Block
- 5 Outside Middle Block
- 6 Inside Low Block
- 7 Outside Low Block
- 8 Right Blending Block
- 9 Left Blending Block
- 10 Descending Block

**Strike + Block Drill (1)**

- 1 Long-Staff against Long-Staff (12-count)

**Long-Staff Defense (35)***Against Strikes (6)*

- 1 One-Hand Block + Strike
- 2 One-Hand Descending Strike + Thrust
- 3 Tip Thrust + Inside Strike
- 4 High-Middle-Rising Combo
- 5 Low Combo + Sliding Thrust
- 6 Outside Block + Shaft Thrusts

*Against Kicks (2)*

- 7 F: Descending Block + Inside Strikes
- 8 S: Outside Hook Throw + Strike

*Against Staff-Grab (4)*

- 9 RS: Outward Wrist + Neck Press
- 10 FS: Bent-Arm Wrist + Hammer Lock
- 11 FS: Lever + Rear Choke
- 12 FS: 360° Passing Shoulder Lock

RS = Begin from relaxed stances

FS = Begin from fighting stances

*Against Multiple Opponents (4)*

- 13 Two Opponents in Front:  
Twin High Strike
- 14 Two Opponents at Side:  
Parry, Sweep, Tip Thrust
- 15 Four Close Opponents:  
Two Thrusts, Outside-Inside-Rear
- 16 Four Distant Opponents:  
Strike, Thrust, Scoop, Thrust

*Against Staff (8)*

- 17 Against Reverse Descending Strike:  
Rising Block, Trap, Three Strikes
- 18 Against Inside High Strike:  
Inside Block, Low-Descending Combo
- 19 Against Inside High Strike:  
Inside Combo + Rising Strike
- 20 Against Inside Middle Strike:  
Block, 360° Trap, Outside Strike
- 21 Against Inside Low Strike:  
Inside Low Block, Outside Sweep
- 22 Against Straight Tip Thrust:  
Outside Block, Inside-Descending Combo
- 23 Against Swing Strike:  
Inside Block, Turn, Back Thrust
- 24 Against Swing Strike:  
Outside Block, Turn, Inside Combo

*Against Sword (7)*

- 25 Attack First:  
Inside Strike, Thrust, Descending Strike
- 26 Attack as Sword Raises:  
Straight Tip Thrust
- 27 Attack as Sword Raises:  
Jam, Unbalance, Inside Strike
- 28 Against Downward Cut:  
Inside Block + Inside Strike
- 29 Against Straight Stab:  
Inside Parry, Outside-Inside Combo
- 30 Dropped Staff against Downward Cut:  
Squatting One-Hand Thrust
- 31 Kneeling Defense against Downward Cut:  
Inside Block, Pin, Side Kick

*Unarmed Defense Against Staff (4)*

- 32 Against Descending Strike:  
Grab Block, Strike-Throw
- 33 Against Descending or Inside Strike:  
Grab Block + Twisting Arm Lock
- 34 Against Straight Tip Thrust:  
Elbow Arm Bar
- 35 Against Straight Tip Thrust:  
Outside Blending Throw

**Free Sparring with Long-Staff**

- Against unarmed single-attacker
- Against unarmed multiple-attackers
- Against armed multiple attackers
- Against Knife
- Against Sword
- Against Staff
- Using five-foot staff
- Using four-foot staff
- Defending against 5-foot staff
- Defending against 6-foot staff

**Breaking**

- Combination Breaks
- Speed Breaks
- Aerial Breaks