3. Dan Schwarzgurt

Prüfungsprogramm Wadokai

Tsuki Waza
1. Kette Junzuki Nidozuki
2. Kette Gyakuzuki Nidozuki
3. Kette Junzuki No Tsukomi Nidozuki
4. Kette Gyakuzuki No Tsukomi Nidozuki
5. Tobikomizuki
6. Nagashizuki

Uchi Waza
1. Shuto: Hidari-Migi-Jodan
2. Tettsui: Hidari Yoko Jodan - Migi Otoshi Chudan
3. Uraken: Hidari Yoko Jodan - Migi Mashomen Uraken Jodan
4. Haito: Hidari-Migi Ganmen - Hidari Ganmen - Renzoku Uchi Jodan - Migi Chudan
5. Teisho: Hidari Age - Migi Age Jodan
6. Empi: Age Jodan - Mawashi Jodan - Yoko Chudan - Ushiro Chudan

Keri Waza
1. Maegeri
2. Mawashigeri
3. Sokuto
4. Sokuto Fumikomi
5. Hizageri Mae Yoko
6. Yokogeri
7. Ushirogeri
8. Nidangeri
9. Tobi Sokuto (Kesageri)
10. Ushiromawashigeri

Renzoku Waza
1. Maegeri Chudan/Jodan Renzokugeri - Mawashigeri Jodan - Ushiromawashigeri Jodan - Mawashigeri Chudan - Junzuki Jodan - Nidangeri - Surikomi Maegeri / Nagashizuki Jodan - Gyakuzuki Chudan
2. Surikomi Maegeri Chudan - Tobikomizuki Jodan - Tobiyokogeri (Sokuto) - Shuto Uchi Age Jodan - Sokuteimawashi Uke Chudan - Sokuto Jodan - Shuto Uchi Uke Jodan - Gyakuzuki Chudan

Kata
1. Bassai
2. Wanshu

Ohyo Kumite
1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme
6. Ropponme
7. Nanahonme
8. Hachihonme

Kihon Kumite
1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme
6. Ropponme
7. Nanahonme
8. Hachihonme

Tanto Tori
1. Ipponme
2. Nihonme
3. Sanbonme

Idori
1. Ipponme

Jiyu Kumite