

## 3rd Dan — Black Belt

Classification: Senior WKO Black Belt

Purpose: Demonstrate comprehensive technical mastery, advanced coaching knowledge and the ability to assess technical performance.

Additional requirements

- Demonstrate the complete WKO technical syllabus.
- Explain advanced striking mechanics. Analyse and correct technical weaknesses.
- Demonstrate sophisticated offensive and defensive combinations. Explain boxing and kickboxing tactical principles.
- Adapt coaching for different ages and abilities. Structure progressive technical training.
- Demonstrate safe technical sparring management.
- Evaluate a grading candidate against defined standards.

Examination

| Component | Requirement |
|---|---|
| Technical line work | Full cumulative syllabus |
| Advanced combinations | 12 panel-selected |
| Focus mitts, Kick Pads, Bag Work | 5 × 2 minutes (each) |
| Defensive applications | 15 |
| Technical sparring | 5 × 2 minutes |
| Coaching demonstration | 15 minutes |
| Candidate assessment | Simulated grading |

Outcome: A 3rd Dan represents the highest level within the WKO's standard Dan Grade classification, demonstrating technical expertise, coaching competence and sound assessment judgement.