

NIDAN - BLACK BELT - 2ND DEGREE

All following basics will be performed starting and ending in jiyu dachi

KIHON

- 5 Kizami Zuki, Mae Geri, Oi Zuki Jodan, Gyaku Zuki, Gedan Barai
- 5 Age Uke, Mae Geri, Gyaku Zuki, Gedan Barai
- 5 Soto Uke, Gyaku Zuki, Kizami Zuki, Gyaku Zuki, Gedan Barai
- 5 Uchi Uke, Kizami Zuki, Gyaku Zuki, Gedan Barai
- 5 Shuto Uke, Kizami Mawashi Geri, Nukite, Shuto Uke
- 5 Mae Geri, Mawashi Geri, Uraken, Gyaku Zuki, Gedan Barai
- 5 Mae Geri, Kekomi, Shuto Uchi, Gyaku Zuki, Gedan Barai
- 5 Kizami Mawashi Geri, turn Ushiro Geri, Uraken, Gyaku Zuki
- 5 Kizami Kekomi, stepping forward Mae Geri, Uraken, Gyaku Zuki
- 5 Gyaku Zuki, Mae Geri, Mawashi Geri, turning Shuto Uchi, Gyaku Zuki
- 5 Ushiro Geri
- 5 Gyaku Zuki, Mawashi Geri, Uraken, Gyaku Zuki
- 5 Kekomi, Uraken
- 5 Kizami Zuki Jodan, step up Ushiro Mawashi Geri
- 5 Keage, Kekomi same leg (from kiba dachi)
- 5 Mae Geri, Kekomi, Ushiro Geri (on the spot)

KUMITE

- Kihon Ippon Kumite Sets 3, 4, and 5
(when performing these kumites they will be in groups of three)
- Jiyu Ippon Kumite Sets 3, 4
(when performing these kumites they will be in groups of three)
- Sanbon Kumite Set 1 - 4 (both sides)
- Okuri Jiyu Kumite Jodan, Chudan, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri
- Bo Kata Suna Kake No Kom

KATA

A choice of one of the following kata's with bunkai.

Kankusho, Nijushiho and Enpi.

Knowledge of Jion and Jitte is required

Plus any previous kata