

Nidan

2nd Degree

Black Belt

KIHON WAZA

Mae-geri, jodan-chudan-zuki
Jodan-uke, chudan soto-uke and uchi-uke, gedan-uke, gyaku-zuki
Godan shuto-uchi (Gedan, koho, jodan, yoko, shomen)
Nanadan-geri: (Hiza-geri, mae-geri, ashi-kubi-geri, kakato-geri,
koho-gedan-kasokutei-fumioroshi, ushiro-geri, sokuto-kansetsu-geri)

KATA (4 KATA)

Shitei: Hangetsu
Jitte
Enpi
Tokui: Favourite kata (Except Heian katas)

KUMITE

Jiyu Kumite: Shiai Kumite
Jissen Kumite

MAKIWARA-ZUKI OR BOARD BREAKING

GRADING STUDENTS:

1. Must train regularly for at least one year since passing Shodan exam.
2. Must submit a thesis of three pages or more on the following topic:
“Karatedo Kata and its Necessity”