



Eligibility for examination - One year after Shodan

Kihon Waza (jiyu kamae)	Basics (in place) Do both sides for all techniques
Jodan Jun zuki jiyu uke, jodan/chudan gyaku zuki	1 punch to face, front hand any block and face or stomach reverse punch
Go ren uke, gyaku-zuki	Jodan-uke, chudan soto-uke and uchi-uke, gedan-uke, gyaku-zuki
Go ren keru: mae geri, mawashi geri, yoko geri, ushiro geri, kansetsu geri	front kick stomach level, and roundhouse kick face level to front, side thrust kick stomach level to the side, back kick stomach level to rear, then back to the front for knee joint kick (all with the same leg)
Go ren enpi uchi	5 elbow strikes (same front arm): 1 rising to chin, 2 step back to stomach, 3 step front to face, 4 step to side and to side of head 5 step forward down to back of neck, (1-4 zenkutsudachi, 5 front foot back to shikodachi)
Go ren Shuto uchi	front hand; 2 knife hand strikes Gedan. 2 to neck (both sides of the neck) 1 to head
Ido Kihon Waza	Moving Techniques
Jiyu Kamae: Mae geri chudan, Sanren zuki	fighting position; One step - front kick stomach level, three punches, jodan jun zuki, chudan gyaku zuki, jodan jun zuki;
Jiyu Kamae: Chudan Gyaku zuki (in place), yori ashi, jodan mawashi geri,	stomach level reverse punch (in place), left foot slight shift forward, then back foot step up to front foot which does a head height roundhouse kick,
Jiyu Kamae: chudan mae geri, jodan mawashi geri, chudan ushiro geri, gyaku zuki	stomach Front kick, head height roundhouse kick, reverse turn, stomach back kick, reverse punch
Kata (4)	
Shitei (Required): Kankusho, Sochin; Tekki Sandan, Bunkai for 1	Perform these kata and show the bunkai from one of these katas
Tokui Kata (Free Choice) Choose one from 1st kyu and up	Kankudai, Tekki Sandan, etc. Do a different one from the one you performed on the Shodan test. No Heian kata.
Kumite	
Shiai Kumite 2 matches (2 different people)	elderly do basic kumite
Jissen Kumite	
Nage Waza	Funakoshi Throws 6-10
Board Breaking	Break one full sized 1 inch board - Cedar
Essay: What is the significance of kata?	