



## Examination requirements 2nd. Dan

Wait two years after Shodan!

Kihon 1: perform three times (hidari / migi)

1. Zk forward ren-tsuki, age-uke, otoshi empi
2. Zk forward gyaku-tsuki, kizami-tsuki, mawashi-empi
3. Zk forward shuto-uchi, te-otoshi-uke (same arm)
4. Zk forward nagashi-uke, gyaku-mae-empi-uchi
5. Zk forward taisho-uke, ren-tsuki, ushiro-mae-ashi-geri

Kihon 2: execute once (hidari / migi)

1. Kk forward shuto-uke, kizami-mae-geri, gyaku-tsuki, Zk
2. Kk backward osae-uke, suri-ashi gyaku-tsuki
3. Kk forward haishu-uke, sukui-uke, haito-uke (one arm)
4. Kk backwards ryowan-uke, soete-uke-gyaku-ura-tsuki
5. Kk forward morote-uke, gyaku-shuto-uchi, Zk

Kihon 3: execute once (hidari / migi)

1. Kb forward nagashi-uke, gyaku-tsuki, nagashi-uke
2. Zk backward juji-uke, ushiro-empi, hiza-geri, kamae
3. Zk forward mae-geri, mawahi-geri, gyaku-tsuki
4. Kb forward yoko-geri-keage, yoko-geri-kekomi
5. Zk forward ushiro-geri, mawashi-geri, ushiro-geri
6. Zk forward kizami-mae-geri, kizami-tsuki, gyaku-nukite

Sonoba geri: execute three times (hidari / migi)

1. mae-geri, mawashi-geri, yoko-geri,
2. mae-geri, ushiro-geri

Tachikata: each with hidari / migi from shizentai

heisoku-dachi, heiko-dachi,  
musubi-dachi  
kiba-dachi, shiko-dachi,  
Kokutsu-dachi  
renoji-dachi, kosa-dachi

Sabaki kihon (hidari / migi)

- 1.Zk hidari-mae-gedan-barai, migi-yoko-kiba-dachi  
hidari-ushiro-Naname-gyaku-tsuki
- 2.Zk migi-naname-mae-tate-shuto-uchi,  
ushiro-kiba-dachi-tetsui-uchi-gyaku-tsuki
- 3.Kk ushiro-hidari shuto uke, mae-migi nagashiuke
- 4.Kb uchi-ike, gyaku-tsuki, tate-shuto-uke

Kumite

1. Kaeshi ippon kumite, jodan / chudan tsuki, mae geri,
2. Mawashi Geri Jodan
3. Okuri ippon kumite, different techniques after announcement
4. Jiyu kumite, with changing partners

Kata

Tokui kata, at the choice of the candidate  
Enpi, Jitte, Bassai sho, Jiin and Gankaku  
Shitai kata, at the choice of the examiner  
Heian 1-5, Tekki Nidan, Bassai-Dai  
Jion, Kanku dai

Exam Kata should not be the 1st Dan!

Kata uke from the program.

Bunkai from the chosen Kata at the choice of the candidate.  
Query from the previous program to choice Examiner.

Goshin

1. Various attacks, jodan / chudan  
Matching counter techniques  
Integration of sabaki-kai !!!!

Theory topic: (submit two weeks before the exam).  
Elaboration should include at least two A4 pages and one  
Include practical presentation.

selection

1. Kihon
2. Kata
3. Kumite
4. Bunkai
5. etiquette

Theory questions if necessary!