

# Martial Arts Training International

## Nidan Requirements

### White Stripe

Shorinji Nidan No Kata

Right Shoulder roll

Falling: right & left side

Proper stand up

Grappling: mount, cross body, guard

Technique; Forward wristlock

1. Low punch
2. Shirt grab
3. Wrist grab

### Orange Stripe

Shorinji Nidan No Kata

Left side shoulder roll

Falling: Front & back

Grappling: Side head lock, north / south position,

Back position, knee on belly

Technique: Reverse wristlock

1. Low punch
2. Shirt grab.
3. Bear hug. (Under arms)
4. Round punch

### Yellow Stripe (mid term)

Shorinji Sandan No Kata

Backward shoulder roll

Rolling break fall

Grappling: escape mounted position

Pass guard

Technique: Caugi

1. Cross arm wrist grab
2. 2-hand shirt grab.
3. Hands up, wrist grab

## **Blue Stripe**

Shorinji Sandan No Kata

Grappling: escape side mount, escape headlock,  
pass north / south position

Technique: kick defense

1. Snap kick.
2. Thrust kick
3. Round kick
4. Sidekick.

Follow ups from a snap kick

Double leg lock

Single leg lock

Aquilies lock

Follow ups from a thrust kick

hip lock

heel hook

ankle lock

Knee bar

## **Green Stripe**

Shorinji Yondan No Kata

Grappling; from mount

Arm bar submission, paint brush submission, vise choke

Techniques: Choke Defense

1. Front standing choke
2. Rear forearm choke
3. 2 hand choke from behind
4. Guillotine choke

## **Purple Stripe (mid term)**

Shorinji Yondan No Kata

Follow-ups from a sweep

1. Circle arm lock
2. Arm bar.
3. Goose neck

Grappling: from guard

Scissors, elevator, key lock, triangle

Technique: sweep takedowns off of punch

1. Right to right leg sweep
2. Left to right leg sweep
3. Right to left inside leg sweep
4. Right to left outside leg sweep

## **Brown Stripe**

Shorinji Godan no Kata

Grappling: from cross body

1. Key lock
2. Sit & spin arm bar

From side head lock

1. Arm bar on knee
2. Shoulder lock using leg

Techniques; throws

1. Hip throw
2. Shoulder throw
3. Reverse hip throw
4. Side by side
5. Toominagi

## **Red Stripe**

Shorinji Godan no Kata

Sprawls (takedown defense)

Grappling: knee in belly & escape Knee in belly

1. Key lock
2. Spin arm bar

Tie up / Clinch

1. Bear hug takedown
2. Duck under take down

Techniques: Takedowns

1. Double leg
2. Single leg
3. Fireman's carry / water over bridge
4. Heel block

## **Black Stripe (pretest to recommended)**

Shorinji Godan No Kata

Grappling; taking & escaping Back Position

1. Rear naked choke
2. Arm bar
3. Gi choke

Techniques:

1. Full nelson
2. Front hair pull
3. Rear hair pull
4. Overhead strike
5. Wall technique
6. Standing head lock

## **2<sup>Nd</sup> Degree Black Belt Test**

All previous requirements

Shorinji Shodan, Nidan, Sandan, Yondan, Godan No Kata

Standing Grappling; 2 minutes

Takedown sparring

10 techniques

Name 10 pressure points

Board breaks

Multiple opponent defenses

100 hrs of help in dojo

Letter of recommendation by Nidan or higher

Instructor optional

# Nidan

## Informal / Throw & Takedown Techniques

1. Technique; Forward wristlock
  - Low punch
  - Shirt grab
  - Wrist grab
2. Technique: Reverse wristlock
  - Low punch
  - Shirt grab.
  - Bear hug. (Under arms)
  - Round punch
3. Technique: Caugi
  - Cross arm wrist grab
  - 2-hand shirt grab.
  - Hands up, wrist grab
4. Technique: kick defense
  - Snap kick.
  - Thrust kick
  - Round kick
  - Sidekick.
5. Techniques: Choke Defense
  - Front standing choke
  - Rear forearm choke
  - 2 hand choke from behind
  - Guillotine choke
6. Technique: sweep takedowns off of punch
  - Right to right leg sweep
  - Left to right leg sweep
  - Right to left inside leg sweep
  - Right to left outside leg sweep
7. Techniques; throws
  - Hip throw
  - Shoulder throw
  - Reverse hip throw
  - Side by side
  - Toominagi
8. Techniques: Takedowns
  - Double leg
  - Single leg
  - Fireman's carry / water over bridge
  - Heel block
9. Techniques:
  - Full nelson
  - Front hair pull
  - Rear hair pull
  - Overhead strike
  - Wall technique
  - Standing head lock