

BLACK BELT 2nd Dan (Nidan)

KIHON

Jiyu Na Kamae

- Kizami zuki, mae geri, jun zuki
- (Step back) Age uke, (forward) mawashi geri, uraken uchi, jun zuki

Fudo Dachi, Gedan Barai

- Chudan jun zuki
- Jun zuki sanbon (changing into zenkutsu dachi)

Zenkutsu Dachi Shomen

- Mae geri, mawashi geri (same leg, to the front)
- Mawashi geri, yoko geri kekomi (same leg, to the front)
- Mae geri, yoko geri keage, ushiro geri (same leg, 3 directions)

KIME WAZA Kizami zuki

KATA

- (A) Sentei Kata (choose one Kata from this group):

Bassai Dai

Kanku Dai

Jion

Enpi

Jitte

- (B) Sentei Kata (choose one Kata from this group):

Hangetsu

Gankaku

Tekki Nidan

Bassai Sho

Kanku Sho

KUMITE

- Jiyu Kumite
- Jiyu Ippon Kumite (Hidari / Migi)
- Okuri Jiyu Ippon Kumite