



Nidan Grading Syllabus

Kihon

From kiba dachi:

1. Sugi ashi mae ashi yoko geri keage, ushiro ashi yoko geri kekomi
2. Sugi ashi mae ashi yoko geri kekomi, ushiro ashi yoko geri keage

From kamae:

3. Kizami tsuki, oi tsuki, gyaku tsuki
4. Mae geri, kizami tsuki, gyaku tsuki
5. Combination: mae geri, yoko geri kekomi, mawashi geri, ushiro geri, gyaku tsuki
6. Yoko geri kekomi, uraken, gyaku tsuki
7. Mawashi geri, uraken, gyaku tsuki
8. Ushiro geri chudan, uraken, gyaku tsuki
9. Mae geri, same leg yoko geri, uraken, gyaku tsuki
10. Mae geri, same leg mawashi geri, uraken, gyaku tsuki
11. Mawashi geri, same leg yoko geri kekomi, uraken, gyaku tsuki
12. Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki
13. Mawashi geri, uraken, gyaku tsuki, step back gedan nagashi uke, gyaku tsuki, ushiro geri, uraken, oi tsuki
14. Same leg: mae geri, yoko geri kekomi, ushiro geri, mawashi geri

Kata

Tokui: Bassai Sho, Kanku Sho, Nijushiho, Jitte, Gankaku

Shitei: Kanku Dai, Enpi, Jion, Bassai Dai, Hangetsu, any Heian kata or Tekki Shodan – at least three to be selected by the grading panel

Kumite

a) Ju ippon kumite: any five of jodan and chudan mae geri, yoko geri kekomi, mawashi geri, ushiro geri (unannounced)

b) Jiyu kumite

Bunkai

Candidate to demonstrate realistic application of a portion of a Heian kata (to be determined by the grading panel) and any kata from the shitei above (candidate's choice)

Oral test

The candidate shall be asked questions by the grading panel.