



2nd DAN BLACK BELT - NIDAN

SYLLABUS & TRANSLATION SHEET

UKE

NAGASHI

SHUTO UKE JODAN

SHUTO UKE CHUDAN

BLOCK

Sweeping Block

Knife hand block head

Knife hand block chest

UCHI

OROSHI SHOTEI JODAN
/ SHOTEI JODAN

STRIKE

Descending palm heel strike
/ palm heel strike

GERI

URA KIN GERI

HAISOKU JODAN

KICK

Reverse head kick
(toes pointed using instep)

NIDAN GERI

Two kicks comprising high chamber and performed from same leg without step between)

1. Kin geri/mawashi geri jodan
2. Ura mawashi / mawashi haikou
3. Mawashi geri chudan/yoko geri chudan
4. Mawashi geri chudan/ura mawashi jodan

CONVERSION KICKS

IPPON KUMITE

IPPON KUMITE YON

ONE STEP SPARRING

Defence and counter of:

Any 5 unannounced techniques
(no given stance by uke as this may alert the student to their intended attack)

KATA

ASHIITA HACHI

TENSHO KATA

BUNKAI

FORMAL PATTERN

To a high standard

Any Ashiita-Kai kata of choice entirely in tensho

Demonstrate application of any kata segment of choice

STAMINA ASSESSMENT

Rolling ton-up (consisting of 10 reps of each of the following - two consecutive sets):

10 push ups / 10 crunch sit ups / 10 jumping jacks / 10 squat thrusts / 10 full burpees

ADDITIONAL REQUIREMENTS

DEMONSTRATE 3 favourite jiyu kumite tactics

DEMONSTRATE 1x armbar from any chosen attack

DEMONSTRATE 1x projected blitz
(+ explain difference) 1x sprint blitz

DEFENCE AGAINST Attack from left
Attack from right
Attack from rear

TAMESHIWARI 1x hand / 1x foot / 1x elbow

TO OBTAIN THIS BELT REQUIRES 2 YEARS OF CONTINUOUS TRAINING FROM 1ST DAN.