



2nd Dan – Black Belt Test.

Minimum 2 Years from 1st Dan Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (Front Punch)
Kette Junzuki (Kick - Front Punch)
Junzuki Tsukkomi (Leaning Punch to the Head)
Kette Junzuki Tsukkomi (Kick - Leaning Punch to the Head)
Gyakuzuki Chudan (Reverse Punch Body)
Kette Gyakuzuki (Kick - Reverse Punch Body)
Gyakuzuki Tsukkomi (Leaning Reverse Punch)
Kette Gyakuzuki Tsukkomi (Maegeri & Sokuto) (Kick - Leaning Punch)
Mawashizuki (Hook Punch To The Head)
Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)

KERI WAZA – KICKS

Maegeri Chudan (Front Kick to the Body)
Mawashigeri Chudan or Jodan (Round Kick to the Body or Head)
Sokuto Chudan (Side Kick Body)
Ushirogeri Chudan (Back Kick Body)
Nidangeri (Jumping Kick (2 Kicks))
Uchi Mikazukigeri (Inner Crescent Kick)
Ura Mawashigeri Jodan (Hook Kick)
Hiza Geri & Mawashi Hiza Geri (Knee Kick Front & Roundhouse)
Sokuto Fumikomi (Stamping Kick)
Kingeri (Kick to the Groin Using Top Of Foot)
Sokuto Chudan / Sokuto Jodan (Side Kick To The Body & Head (Same Leg))

ASHI BARAI - FOOT SWEEPS

Tsugi Ashi Barai (Foot Sweep Of The Front Leg)
Kosoto Ashi Barai (Foot Sweep of the Back Leg)
Ushiro Ashi Barai (Turning Sweep off left & right)
Tsugiashi Barai / Kosotoashi Barai (Step Up Sweep Off Front - Then Back Leg)

UKE WAZA – BLOCKS

Blocking Combination Routine For 6 Basic Blocks. (See Separate Sheet)
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Blocks To Be Performed / Shown On A Partner.

Juji Uke (X block - Various Heights)
Sukui Uke (Scooping Block in Horse Stance)
Osae Uke (Press Block, Various)
Tome Uke (Stop Block, Various)
Nagashi Sotouke / Gakuzuki Chudan (Evasion - Outer Block & Reverse Punch At The Same Time)
Nagashi Uchiuke / Gakuzuki Chudan (Evasion - Inner Block & Reverse Punch At The Same Time)

RENRAKU WAZA – COMBINATIONS

(All Must Be Done From Left & Right Fighting Stances)

Maegeri Chudan (Off The Front Leg) – Ura Ayumiashi (Stepping Back) – Gyakuzuki Chudan - Tsugiashi Sokuto Chudan – Uraken Jodan – Kiai. (Front Kick To The Body Straight off The Front Leg - Step Back Reverse Punch To The Body – Step Up Side Kick – Back Fist To The Head - Shout)
Ura Ayumiashi Kake Uke (Stepping Back) - Sokuto Fumikomi - Uraken Jodan - Gyakuzuki Chudan - Sokuto Chudan – Kiai. (Step Back Hooking Block – Stamping Kick - Back Fist To The Head - Reverse Punch To The Body - Side Kick To The Body - Shout)
Tobikomizuki Jodan / Gyakuzuki Jodan / Hidari Mawashizuki Jodan / Migi Mawashizuki Jodan – Nagashi Uraken Jodan – Tsugiashi Ura Mawashigeri Jodan – Kiai. Jab / Reverse Punch / Left Hook Punch / Right Hook Punch (All To The Head) - Evade Back Fist To The Head – Step Up Hook Kick To The Head - Shout

KATA LIST 1 (Panel Will Pick 1)

Nidan, Shodan, Sandan, Yodan or Godan
1.
1 Bunkai Application From The Performed Kata.

KATA LIST 2 (Panel Will Pick 2)

Kushanku, Naihanchi, Seishan, Chinto or Bassai.
1.
2.
1 Bunkai Application From Performed Kata 1.
1 Bunkai Application From Performed Kata 2.

GRADE KATA (The Student Must Complete These Katas).

Rohai
Wanshu
1 Bunkai Application From Rohai.
1 Bunkai Application From Wanshu.

PAIR WORK KIHON'S.

(Be Able To Confidently Perform (Attack & Defend) Any 2 Kihon Kumite From 1-10)

1.
2.

PAIR WORK OHYO'S.

(Be Able To Confidently Perform (Attack & Defend) Any 2 Ohyo Kumite From 1-8)

1.
2.

The Student Must Show At Least 3 Self Defence Techniques From Any Given Attack Chosen By The Panel Show With Power, Control and Good Technique.

(These May Include The Use Of Weapons).

1.
2.
3.

Be Able To Demonstrate Each Of The Following Principles On A Partner

<i>Taisabaki - Body Shifting</i>
<i>Nagashi - Body Evasion</i>
<i>Inas - Feinting Movements</i>
<i>Kawas - Dodging Movements</i>
<i>Noru - Anticipation</i>
<i>Nagas - Brushing Techniques</i>
<i>Toru - Holding, Throwing And Sweeping Techniques</i>

JI YU KUMITE – (Free Fighting / Sparring 2 x 1 Min Rounds 1 On 1 & 2 On 1.)
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Students Must Be Able To Confidently Perform Every Part Of The Grading Syllabus To Achieve A Pass.

NOTES - COMMENTS.