

Dan Grading Syllabus

BLACK BELT

Nidan

**2nd
Dan**

KIHON

Jiyu na gamae

- Kizami zuki, mae geri, jun zuki
- Age uke, 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)
- Mawashi geri, yoko geri kekomi (same leg)
- Mae geri, yoko geri keage, ushiro geri (same leg)

KIME WAZA

- Kizami zuki

KATA

(A) 1x Shitei Kata (Instructor's choice)

(B) 2x Sentei Kata (Student's choice)

Jion
Bassai Dai
Kanku Dai
Enpi

Tekki Nidan
Bassai Sho
Kanku Sho
Gankaku
Jitte
Hangetsu

KUMITE

Okuri Jiyu Ippon Kumite

- Jodan
- Chudan
- Mae Geri
- Kizami Zuki

Jiyu Kumite
(1 opponent)