

2ND Dan. (NIDAN) (Part 1)



REQUIREMENTS: Minimum of 2 years of possessing Shodan (1st Dan) Minimum age : 18 years

KIHON Part 1 Combinations 1 - 5

Both Sides of Body. All 5 combinations start by sliding RL back into Left Sanchin Dachii (SD), + Corresponding Left Uke + Gyaku Counter

	RL Back, L Sanchin Dachii (SD)+ Uke + Gyaku Counter	STEP FORWARD (SF)	STEP BACK (SB) UKE + Counter	In Place (No shuffle) F L + B L Kick	SPECIAL STANCES	REPEAT other side
1	L AGE Uke Sanchin Dachii + Gyaku Teisho	SF R Chudan Zuki ZD	SB, L Age Uke, otoshi Uraken GZ	L Ashi Mae Geri + BL mae geri, L Kizami + Gyaku on R ZD	Shift weight to Back leg. Left okinawan kokutsu dachi, gedan barai + Gyaku zuki on ZD	Shift RZD to RSD,R AGE uke + L Gyaku Teisho ...etc
2	L UCHI Uke Sanchin Dachii + Gyaku Teisho	SF Left gyaku zuki on ZD	Stepping back, left uchi uke + Kizami + Gyaku zuki on ZD	L Ashi Yoko Geri + BL yoko geri+ uraken + gyaku zuki on R ZD	R Shiko daci, R gedan barai,+ left gyaku zuki on ZD.	Shift RZD to RSD,R UCHI uke + L Gyaku Teisho ...etc
3	L SOTO Uke Sanchin Dachii + Gyaku Teisho	SF Ren Zuki (Right kizami + gyaku zuki)	SB left soto uke, yoko empi on kiba dachi + uraken + Gyaku zuki	L Ashi mawashi geri + BL mawashi geri+ uraken + gyaku zuki on R ZD	R Shiko dachi, R gedan barai, shift to kiba dachi, kage zuki, go in fudo dachi + tate shuto, ZD Gyaku zuki	Shift RZD to RSD,R SOTO uke + L Gyaku Teisho ...etc
4	L GEDAN BARAI Sanchin Dachii + Gyaku Teisho	SF Sanbon Zuki	SB, L gedan barai, uraken + GZ	Slide Up, L Ashi ura mawashi geri + BL spin hook to front R uraken + L gyaku zuki on ZD	Step R leg back sanchin dachi mawashi uke x 2. R tate shuto uke fudo dachi + gyaku zuki ZD	Shift RZD to RSD,R Gedan Barai + L Gyaku Teisho ...etc
5	L SHUTO Uke + R Gyaku Nukite on Left Neko Ashi Dachii	SF Tate Zuki	SB, L shuto uke on kokutsu dachi, L ashii mae geri, gyaku nukite, uchi shuto uchi + soto shuto uchi on ZD	Pull L leg back into neko ashii dachi, L age uke, R GZ. Pull L fist onto R fist (koshi gamae), L ashii yoko geri + uraken + GZ. BL yoko geri behind you + uraken + GZ. Same leg ushiro geri to front + uraken + GZ.	Slide up R Kizami + gyaku zuki	Pull from RZD into R Neko Ashii,R SHUTO Uke + L Gyaku Nukite....etc

R = Right; L = Left; SF = Step Forward; SB = Step Back; SD = Sanchin Dachii; FL = Front Leg; BL = Back Leg; ZD = Zenkutsu Dachii; GZ = Gyaku Zuki

KIHON Part 2 : Basics 1-10 Both Sides of the Body

From Heisoku Dachii

R Step Back L Age uke // R Gyaku Zuki – R Maegeri Pull Back // R Gyakuzuki (ZD) KIRIKEASHI Pulling Back L Leg, Step in R Age uke....repeat combo
 KIRIKEASHI (TO LEFT) L Tate shuto uke (KI) – L Yoko geri kekomi – Kage zuki (KI) TZUGI ASHI (TO RIGHT) repeat combo
 KIRIKEASHI (TO BACK) L Shuto Uke (KO) = L MawashiGeri =Nukite (ZD) KIRIKEASHI Pulling Back L Leg repeat combo
 KIRIKEASHI (TO LEFT) Gedan Barai (Moto Dachii) – Ushiro geri – Uraken (ZD) KIRIKEASHI (TO RIGHT)repeat combo
 KIRIKEASHI (TO LEFT) YORI ASHI Uchi Kage Uke (ND) – Ura mawashi geri – Taesho Uchi (ND) KIRIKEASHI (TO LEFT).....repeat combo

KIHON Part 3 : Geri Waza Train both sides of Body – Use favourite side in exam

From Zenkutsu Dachii - KAMAE

- (B.L.) Mae geri – mawashi geri (S.L.) - GyakuZuki
- (B.L.) Mawashi geri – Yoko Geri (S.L.) - GyakuZuki
- (B.L.) Yoko Geri – Ura Mawashi Geri (S.L.) - GyakuZuki
- (B.L.) Ura Mawashi Geri – Ushiro Mawashi Geri (S.L.) – GyakuZuki **MAWATTE**
- (F.L.) Ushiro Mawashi Geri – TzukiAshii Mawashigeri - Ushiro Geri – GyakuZuki

KATA & BUNKAI

Heian Oyo Nidan + 2 Higher Level Kata + 4 Practical Bunkai Sequences

Heian Ohyo Nidan (Obligatory) + Choice of 3 Kata from : Enpi, Jitte, Kanku Sho and Hangetsu

Candidate to inform Examining Board of his 3 chosen kata just before the Grading.

Then candidate performs one kata of his choice

and Exam Board selects another Kata from this list of 3 for assessment.

Kata Bunkai 2 combinations/sequences from Oyo Nidan + 2 sequences from Kata of yr choice.

KUMITE & Fitness

1. **45 seconds of Impact Drills** on Focus Mitts/Kicking shields/pads (to assess reactions, distance, timing, power, continuity of movement) followed by **Conditioning Work** with Push Ups, Abdominals and Squats:

	<i>Push-Ups</i>	<i>Crunches</i>	<i>Squats/Lunges</i>	
- <i>Under 17 years</i>	<i>15</i>	<i>25</i>	<i>20</i>	
- <i>Under 20 years</i>	<i>20</i>	<i>30</i>	<i>25</i>	
- <i>Under 30 years</i>	<i>25</i>	<i>40</i>	<i>30</i>	
- <i>Over 30 years</i>	<i>15</i>	<i>25</i>	<i>20</i>	<i>Female Athletes 5 reps less than Male Athletes</i>

2. Ju Kumite (Free Sparring): 3 x 1 minute rounds of sparring

3. Continuous Line attacks using straight and round attacks

4. Demonstrate a 2-person combination/sequence of 2-10 techniques (can be kumite, basics or self-defense application on a partner). Then explain the logic behind this combination, how you would built it up into a drill and teaching it to a class. Outline benefits of this particular drill or it's variations.

WRITTEN ASSIGNMENT (to be submitted 2 weeks before actual exam)

Write a minimum of 300 words or more on one of the following topics or a combination of these:

1. Structuring a typical Karate session for different age groups
2. The proper age to enforce coordinative capacity and conditional capacity (physical endurance and strength)
3. Outline Karate History with particular reference to Shotokan karate

Expression of your personal opinion and views is greatly encouraged.
