



2.Dan – Nidan

Kihon: (II-Jiyu ni kamae te)

- > Kizame tsuki (zkd) - sanbon ren tsuki (zkd)
- > Mae geri (zkd) = oi tsuki (zkd)
- > vw) Kizame tsuki (zkd) - (aw) age uke (fdd) - (vw) mawashi geri (zkd) - uraken (fdd) - oi tsuki (zkd)
- [] Yoko geri keage (kbd) = yoko geri kekomi (kbd)
- > Ushiro geri (zkd) - ushiro mawashi geri (zkd) - ura mawashi geri (zkd) - uchi uke (fdd) yoko empi (kbd) - uraken (fdd) + mae geri (zkd) = gyaku tsuki (zkd)
- + Shoho geri: Mae/yoko/ushiro/mawashi geri
- + Shiho enpi: Age/ushiro/yoko/mawashi enpi

Kihon

- From free-style kamae kizami-zuki/sambon-renzuki.
- Mawatte and from free-style kamae kizami-zuki/maegeri/oizuki.
- Mawatte and from free-style kamae step back age-uke/mawashi-geri (with back leg) uraken/oizuki.
- Mawatte and from free-style kamae ushiro-geri/uraken/gyaku-zuki.
- From free-style kamae while staying in place with the back leg kick maegeri/kekomi/ushiro-geri (left and right).
- Test of control of gyaku-zuki.

Renraku

- Soto uke (fdd) = yoko empi (kbd) = yoko geri kekomi (hd) - turn (counter) clockwise uraken (nkd) gyaku tsuki (zkd)
- Soto uke (zkd) = yoko enpi (kbd) - (bw) turn (counter) clockwise gedan uke (nkd) = yoko geri kekomi (hd) - (fw) turn (counter) clockwise uraken (kkd) = gyaku tsuki (zkd)
- Soto uke (zkd) = yoko enpi (kbd) = yoko geri kekomi (hd) - (bw) turn (counter) clockwise gedan uke (nkd) - (fw) turn (counter) clockwise uraken (kkd) = gyaku tsuki (zkd)
- Uchi uke (kkd) = uchi mawashi geri (nkd) - (fw) turn (counter) clockwise kizame tsuki or nobashi tsuki (zkd) = gyaku tsuki (zkd)
- Shuto uke (nkd) - kai ashi kizame mawashi geri (nkd) - gyaku nukite (zkd)
- Gedan kake uke (nkd) = Kizame mae geri (nkd) - (fw) turn (counter) clockwise with kai ashi Shuto uchi (kkd) = gyaku tsuki (zkd)
- Kizame tsuki (zkd) = age uke (nkd) = kizame mawashi geri (nkd) - (fw) turn (counter) clockwise uraken (zkd) - (fw) turn (counter) clockwise nobashi tsuki (zkd)
- Kizame tsuki (zkd) = age uke (nkd) - (fw) turn (counter) clockwise uraken (zkd) = kizame mawashi geri (nkd) - (fw) turn (counter) clockwise nobashi tsuki (zkd)
- Ushiro geri (zkd) - kai ashi ushiro mawashi geri (zkd) - tsuri ashi ura mawashi geri (nkd) - bw) uchi uke (fdd) - (fw) (counter) clockwise yoko empi (kbd) - (bw) (counter) clockwise uraken (kkd) + mae geri (nkd) = gyaku tsuki (zkd)

Kata:

- Kanku Dai
- Heian I t/m V - Jion
- Tekki I + II - Empi
- Bassai Dai - Hangetsu.

- Tokui-gata: kata freely chosen by examinee.
- Sentei-gata: one kata chosen by the examinee from Jion, Bassai-dai, Empi and Kanku-dai

SINPAN: Syusin (referee)