

# 2<sup>ND</sup> Dan (NIDAN)



**REQUIREMENTS:** Minimum of 2 years of possessing Shodan (1<sup>st</sup> 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 Dachi (SD), + Corresponding Left Uke + Gyaku Counter

	RL Back, L Sanchin Dachi (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 <b>AGE</b> Uke Sanchin Dachi + 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 <b>AGE</b> uke + L Gyaku Teisho ...etc
2	L <b>UCHI</b> Uke Sanchin Dachi + 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 <b>UCHI</b> uke + L Gyaku Teisho ...etc
3	L <b>SOTO</b> Uke Sanchin Dachi + 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 <b>SOTO</b> uke + L Gyaku Teisho ...etc
4	L <b>GEDAN BARAI</b> Sanchin Dachi + 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 <b>Gedan Barai</b> + L Gyaku Teisho ...etc
5	L <b>SHUTO</b> Uke + R Gyaku Nukite on Left Neko Ashi Dachi	SF Tate Zuki	SB, L shuto uke on kokutsu dachi, L ashie mae geri, gyaku nukite, uchi shuto uchi + soto shuto uchi on ZD	Pull L leg back into neko ashie dachi, L age uke, R GZ. Pull L fist onto R fist (koshi gamae), L ashie 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 Ashie,R <b>SHUTO</b> Uke + L Gyaku Nukite....etc

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

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

From Heisoku Dachi

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 Dachi) – 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 Dachi - 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 – TzukiAshie Mawashigeri - Ushiro Geri – GyakuZuki

## **KATA & BUNKAI**

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

#### **Heian Ohyo Nidan (Obligatory) + Choice of 2 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.

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## **KUMITE**

1. **60 seconds of Impact Drills** on Focus Mitts/Kicking shields/pads (to assess reactions, distance, timing, power, continuity of movement and ability to attack and counter)
  2. **Ju Kumite (Free Sparring): 3 x 1 minute rounds of sparring**
  3. **Continuous Line attacks using straight and round attacks**
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## **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.**

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**1. Criteria for Kumite**

**This type of Kumite has elements from Competition Kumite but it does not stop after a score. It continues to build on the first score/opening and one continues with the flow without stopping to admire his score.**

**It is a Continuous type of kumite where control and good technique are imperative.**

**Skin touch to face and harder contact to body is allowed.**

**Ability to attack and Defend and Counter attack must be shown, using a good mix of foot and hand techniques and not just relying on one technique/combination.**

**Good distance and timing must be shown.**

**Ability to adapt and continue despite reseanable contact to face/body or exhaustion.**

**Strong attitude and fighting spirit. Controlled aggression**

**Adequate fitness to take a minimum of 3 minutes continuous work.**

- 2. Kata Performance: a break in sequence can happen during exam due to nervous tension. If this happens, the candidate will be given another chance to do the same kata again and rectify his position. A failure is given if a second break in sequence happens again.**