

Nidan to Sandan. (waiting time minimum of 3 years training)

All sections to be completed as directed by the Examination Administrator

Section A: **Kihon**

1. Hachiji dachi, back gedan barai in keba dachi, forward yoko geri keage, retain kiba dachi, back gedan barai gyaku zuki in zenkutsu dachi, forward tsugi ashi mae ashi yoko geri kekomi, uraken gyaku zuki.
2. Forward, yori ashi kizami zuki mae geri oi zuki, back yori ashi soto uke gedan barai, uraken uchi gyaku zuki, forward, mawashi geri tsugi ashi gyaku zuki.
3. Forward, tsugi ashi gyaku zuki, maeashi mawashi geri gyaku zuki uraken uchi, mawashi geri (s/l) uramawashi geri, uraken uchi gyaku zuki.
4. Forward, Mae geri (s/l) mawashi geri gyaku zuki uraken uchi, back, kizami zuki gyaku zuki, forward, ushiro geri uraken uchi gyaku zuki, mawashi geri gyaku zuki.
5. Forward, tsugi ashi mae ashi mae geri (or mawashi geri) kizami zuki gya kuzuki, mae ashi mawashi geri, mae geri (s/l) mawashi geri gyaku zuki, tsugi ashi uramawashi geri uraken uchi gyaku zuki.
6. Shi ho zuki (kamae – chosen block) with oi zuki / gyaku zuki or mixed.
7. Shi ho geri (shizentai)

Section B: **Kata.**

Candidates choice from;

Gankaku

Bassai sho

Kanku sho

This kata to be demonstrated in amote and ura forms. Full bunkai or sections as requested by the Examination Administrator.

One kata chosen by Examination Administrator from programme up to and including Nidan.

Section C: **Kumite.**

Jiyu kumite

To demonstrate, tokui waza of attack, defence and deashi barai.