

Nidan Examination Requirements Black Belt

Kihon

Free style
stance

Kamae

1. <i>Kizami zuki</i>	6x fwd & back
2. <i>Uraken uchi</i>	6x fwd & back
3. <i>Gyaku zuki</i>	6x fwd & back
4. <i>Oi zuki</i>	4x fwd & back
5. <i>Oi-gyaku zuki</i>	4x fwd & back
6. <i>Kizami zuki, oi zuki</i>	4x fwd & back
7. <i>Kizami zuki, gyaku zuki</i>	4x fwd & back
8. <i>Oi zuki, half step, kizami zuki</i>	2x fwd & back
9. <i>Oi zuki, half step, uraken uchi</i>	2x fwd & back
10. <i>Gyaku zuki, step forward, gyaku zuki</i>	4x fwd & back
11. <i>Gyaku zuki, step forward, uraken uchi</i>	4x fwd & back
12. <i>Gyaku zuki, oi zuki</i>	4x fwd & back
13. <i>Gyaku zuki, kizami zuki, gyaku zuki</i>	4x fwd & back
14. <i>Gyaku zuki, kizami zuki, oi zuki</i>	4x fwd & back
15. <i>Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki</i>	1x fwd & back
16. <i>Mae geri keage, oi zuki</i>	4x fwd & back
17. <i>Mawashi geri, oi zuki</i>	4x fwd & back
18. <i>Mawashi geri, gyaku zuki</i>	4x fwd & back
19. <i>Ushiro geri, gyaku zuki</i>	4x fwd & back
20. <i>Mae geri keage, oi zuki, half step, gyaku zuki</i>	2x fwd & back
21. <i>Any tsuki-keri combination</i>	1x fwd & back
Stationary kick 22. <i>Mae geri keage, Mae geri kekomi, yoko geri keage, yoko geri kekomi, mawashi geri, ushiro geri</i>	5 sets, each leg

Kata

Pre-Nidan 1: Kanku Sho

Pre-Nidan 2: Kanku Sho, Bassai Sho

Pre-Nidan 3: Kanku Sho, Bassai Sho, Jitte

Pre-Nidan 4: Kanku Sho, Bassai Sho, Jitte, Chinte

Pre-Nidan 5: Kanku Sho, Bassai Sho, Jitte, Chinte, Tekki

Sandan

Nidan: All katas for pre-nidan 5 plus the application of the katas

Kumite

Competitive: *Jyu kumite* (tournament style) *Shobu Ippon*

Non-competitive: *Jyu ippon kumite*