

International Shotokan Karate Federation

Grading syllabus for **Nidan** testing (2nd Degree Black Belt)

Basics (all starting in **kamae** stance)

- ◆ **Kizami-tsuki** (remember your retraction hand), stepping forward punching **sanbon-tsuki** (three punch combination – first punch jodan, second two punches chudan)
- ◆ **Kizami-tsuki** at the same time kicking **mai-geri** with back leg, stepping forward **oi-tsuki chudan**, then punch **gyaku-tsuki**
- ◆ **Kizami-tsuki**, stepping back blocking **age-uke** (rising block), stepping forward **mawashi-geri**, then **uraken** (backfist strike), stepping forward **oi-tsuki**
- ◆ Stepping back **shoto-uke** (knifehand block) in **kokutsu-dachi** (back stance), keep stance, kicking **mai-geri** then strike **nukite** (spearhand strike) in back stance
- ◆ Stepping forward kicking **mai-geri ren-geri** (double kicking technique kicking first with front leg, then stepping forward and kicking with back leg)
- ◆ Stepping forward kicking **mawashi-geri ren-geri** (round-house kick), as above
- ◆ Making **kiba-dachi** (side stance), stepping across and kicking **yoko-geri keage** (side snap kick), turning and kicking with the opposite leg **yoko-geri kekomi** (side thrust kick)
- ◆ Kicking combination composed of **kizame mai-geri**, **mawashi-geri**, **yoko-geri kekomi**, **ushiro-geri** (back kick)

Kata: **your choice**

- ◆ Make sure you choose a kata that fits your body type
- ◆ Sensei Yaguchi will choose a second kata for you (usually Tekki Nidan), or a kata opposite in technique to your first choice

Kumite: **Free Sparring**

- ◆ You will be chosen two or more partners to spar with. This is dojo **Kumite**, not competition Kumite. Make sure you understand the difference. Mouthpiece and hand protectors must be worn.

Please note: The above is for guidance only. Sensei may choose to change, add or leave out any of the above in your examination.