



Nidan 2nd Dan Black Belt

Jiyu na Kamae

Kizami zuki - Mae geri - Jun zuki

Age uke (Back) - Mawashi Geri - Uraken - Jun zuki

Fudo Dachi Gedan Barai Kamae

Jun zuki chudan

Sanbon Jun zuki: Chudan - Jodan gyaku zuki (zenkutsu) - chudan (fudo dachi)

Zenkutsu Dachi Shomen:

(Kicking with the same leg:)

Mae Geri - Mawashi Geri

Mawashi Geri - Yoko Kekomi

Mae Geri - Yoko geri - Ushiro geri

Candidates 1st choice from:

Bassai Sho

Kanku Sho

Tekki Nidan

Gankaku

Hangetsu

Candidates 2nd choice from:

Bassai Dai

Kanku Dai

Jion

Enpi

Jitte

Plus examiners 3rd choice.

Jiyu Kumite (Free Fighting)

Kime waza: Kizami zuki

