



2nd Dan (Nidan) Syllabus

Kihon (Basic Techniques)

From Jiyu-no-kamae:

1. Tobi Konde Kizami Tsuki, Sanbon Tsuki (Step Forward) x 3 Forward Steps

Mawatte Jiyu-no-kamae:

2. Tobi Konde Kizami Tsuki, Gyaku Tsuki x 3 Forward Steps

Mawatte Jiyu-no-kamae:

3. Age Uke (Step Backwards), Mawashi Geri, Ushiro Geri, Uraken, Gyaku Tsuki x 3 Forward Steps

Mawatte Jiyu-no-kamae:

4. Mawashi Geri, Ashi Barai (Foot Sweep), Gyaku Tsuki x 3 Forward Steps

Mawatte Jiyu-no-kamae:

5. Tobi Konde Kizami Tsuki, Mae Geri, Oi Tsuki x 2 Forward Steps

Yame (Return to Yoi).

From Jiyu-no-kamae in Zenkutsu Dachi:

6. Mae Geri, Yoko Geri Keage, Mawashi Geri, Ushiro Geri (Same Foot) x 3 Times Both Legs

Kata

Tokui Kata: Kata of choice

Shitei Kata: Junro Nidan and Junro Sandan plus examiners choice of Bassai Dai, Kanku Dai, Enpi or Jion

Kumite

Jiyu Kumite (Free Sparring)

Minimum Requirements

12 months & 144 lessons. Plus 3 JKS England Brown & Black Belt Courses.

The Examiners

Examiners test for an understanding and proficiency in the foundational techniques of karate