**2nd Dan – Black Belt**



15 Minute written exam, covering various aspects of Karate

**BASICS**

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| **KIHON WAZA - Basic techniques** | **RENKEI WAZA - Combination techniques** |
| 1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki-no-tsukomi
4. Kette Gyakuzuki-no-tsukomi
5. Nagashizuki
6. Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Surikomi Ushirogeri Chudan
 | 1. Surikomi Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Uraken Jodan
2. Zenshite Jodan, Chudan Zuki, Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Jodan
 |

**PAIR WORK**

 **IPPON KUMITE - One step blocks**

1. Jodan Uke – Nihonme & Yonhonme
2. Chudan Uke - Nihonme & Yonhonme
3. Maegeri Uke - Nihonme & Yonhonme

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| **OHYO KUMITE – Semi-free fighting** | **APPLICATION OF IPPON KUMITE: Candidates choice** |
| 1. Ipponme & Gohonme
 |  2x Jodan 2x Chudan 2x Maegeri |
| **KIHON KUMITE – Basic Sparring** |  |
| 1. Yonhonme
2. Gohonme
3. Ropponme
 |  |

**KATA**

Pinan Shodan, Baisai & Wanshu

Examiners choice between: Niseishi or Rohai

**JI YU KUMITE**