2nd Dan (Nidan) Test

A 2nd dan student exhibits mastery of the basic combinations, complete control of body movements, good timing, good management of advanced techniques, and confident with free-sparring.

Key Performance Points:

Demonstrates smooth movement and control while delivering sharp power, maintains sharp focus between different techniques in transitions

Kata

Required:

Tekki Nidan
Kanku Dai

One of the following:

Empi Jion Chinte
Bassai Dai Jutte Sochin
Hangetsu Gankaku
Heian kata of instructor's choice

Basics

1. 4 times moving forward
   a. jodan kizami zuki
      Shift into a jab to the head (front stance), 30% energy
   b. jodan oi zuki
      Step into a lunge punch to the head (front stance), 60% energy
   c. gyaku zuki
      Reverse punch, 30% energy
   d. oi zuki
      Lunge punch, 100% energy
2. 4 times moving backward
   a. age uke
      Step back into a rising block (front stance)
   b. mae ashi geri
      Front snap kick with the front foot to the stomach, land in front stance
   c. gyaku zuki
      Reverse punch (front stance)
3. 4 times moving forward
   a. ude uke
      Step into an outside block (front stance)
   b. hiji ate
      Move the front foot into a horse stance and execute an elbow strike
   c. uraken uchi
      Backfist strike
   d. gyaku zuki
      Move the front foot into a front stance and execute a reverse punch
4. 4 times moving backward
   a. uchi uke
      Step back into an inside block (front stance)
   b. mae ashi geri / kizami zuki
      Simultaneously execute a front snap kick with the front foot and a jab, land in front stance
   c. gyaku zuki
      Reverse punch (front stance)
5. 5 times moving forward, then turn around
   a. shutu uke
      Step into a knife-hand block (back stance)
   b. mae ashi geri
      Front snap kick with the front foot to the stomach, land in front stance
   c. nukite
      Reverse spear hand strike to the stomach without stepping
6. 4 times moving forward
   a. age uke
      Step back into a rising block (front stance)
   b. mawashi geri
      Roundhouse kick with the back foot to the stomach, land in front stance
c. **oi zuki**  
Step into a lunge punch (front stance)

7. 5 times moving forward, then turn around  
   a. **mae ashi geri**  
   Front snap kick with the front foot to the stomach, land in front stance  
   b. **jōdan mae geri**  
   Front snap kick with the back foot to the head, land in front stance

8. 5 times moving forward, then turn around  
   a. **mae ashi mawashi geri**  
   Roundhouse kick with the front foot to the stomach, land in front stance  
   b. **jōdan mawashi geri**  
   Roundhouse kick with the back foot to the head, land in front stance

9. 3 times moving sideways, then turn around, then repeat  
   a. **yoko geri keage**  
   Side snap kick, land in horse stance

10. 3 times moving sideways, then turn around, then repeat  
    a. **yoko geri kekomi**  
    Side thrust kick, land in horse stance

11. 3 times moving sideways, then turn around, then repeat  
    a. **yoko geri keage, yoko geri kekomi**  
    Side snap kick, land in horse stance, side thrust kick, land in horse stance

12. 5 times moving forward, then turn around  
    a. **mae ashi yoko geri kekomi**  
    Side thrust kick with the same foot to the stomach, land in front stance  
    b. **mawashi geri**  
    Roundhouse kick with the back foot to the stomach, land in front stance  
    c. **gyaku zuki**  
    Reverse punch (front stance)

13. 5 times moving forward, then turn around  
    a. **mae ashi mawashi geri**  
    Roundhouse kick with the front foot to the stomach, do not touch down  
    b. **mae ashi yoko geri kekomi**  
    Side thrust kick with the same foot to the stomach, land in front stance  
    c. **oi zuki**  
    Step into a lunge punch (front stance)

14. 4 times in place  
    a. **mae geri**  
    Front snap kick to the front toward the stomach, do not touch down  
    b. **yoko geri keage**  
    Side snap kick to the side toward the stomach, do not touch down  
    c. **yoko geri kekomi**  
    Side thrust kick to the side toward the stomach, do not touch down  
    d. **mawashi geri**  
    Roundhouse kick to the front toward the stomach, do not touch down  
    e. **ushiro geri**  
    Back kick to the rear toward the stomach, touch down

15. 10 times in place per side, in 3 dimensions  
    a. **gyaku zuki**  
    Reverse punch from a stationary position to a target that varies in three dimensions (front stance)

**Kumite**

1. **sambon kumite**  
   Three-step sparring (front stance)  
   a. **jōdan oi zuki / age uke**  
   Alternate attacking with a lunge punch to the head and receiving with a rising block  
   b. **oi zuki / ude uke**  
   Alternate attacking with a lunge punch and receiving with an outside block  
   c. **mae geri / gedan barai**  
   Alternate attacking with a front snap kick and receiving with a downward block

2. **ippon kumite**  
   One-step sparring (front stance)  
   a. **jōdan oi zuki / age uke**  
   Alternate attacking with a lunge punch to the head and receiving with a rising block  
   b. **oi zuki / ude uke**  
   Alternate attacking with a lunge punch and receiving with an outside block  
   c. **mae geri / gedan barai**  
   Alternate attacking with a front snap kick and receiving with a downward block

3. **go no sen**  
   After-the-attack movement and timing (fighting position)  
   a. **age uke / gyaku zuki**  
   Defend against a lunge punch to the head and counter with a reverse punch
b. *ude uke / gyaku zuki*
   Defend against a lunge punch to the stomach and counter with a reverse punch

c. *gedan barai / gyaku zuki*
   Defend against a front snap kick and counter with a reverse punch

4. **sen no sen**
   Before-the-attack movement and timing (fighting position)
   a. *gyaku zuki*
      Defend against a supposed attack with a reverse punch attack
   b. *mae geri*
      Defend against a supposed attack with a front snap kick attack

5. **jiyū kumite**
   Free-sparring (fighting position)