

2nd Dan (Nidan) Test

Black Belt

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
Kankū 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. *jōdan kizami zuki*
Shift into a jab to the head (front stance), 30% energy
 - b. *jōdan 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. *shutō 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 front 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)