

Nidan – 2nd Dan Black Belt
(Thirteenth Belt/Grade)

Minimum Training Time:
2 Years

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

Tsuki Waza

1. Chokuzuki (Jodan)
2. Gyakuzuki (Chudan)
3. Uraken (Jodan)
4. Tetsui Uchi (Jodan)

ENGLISH

Punches

1. Snap Punch (Head)
2. Reverse Punch (Body)
3. Back Fist (Head)
4. Hammer Fist (Head)

Kaishu Waza

1. Shuto Uchi (Jodan) [BA]
2. Haito Uchi (Gedan (Kin)) [BA]
3. Haishu Uchi (Jodan) [FA]
4. Yonhon Nukite Uchi (Jodan)
5. (Shotei) Teisho Uchi (Gedan (Kin))
6. Nihon Nukite Uchi (Jodan (Eyes))

Open Hand

1. Knife Hand Strike (Head) [BA]
2. Ridge Hand Strike (Low (Groin)) [BA]
3. Back Hand (Head) [FA]
4. Spear Hand Strike (Throat)
5. Palm Heel Strike (Low (Groin))
6. Two Finger Strike (Head (Eyes))

Ken (Ippon Ken) Waza

1. Hitosashi Ippon Ken (Jodan (Eye))
2. Nakadaka Ippon Ken (Jodan (Eye))
3. Oyayubi Ippon Ken (Jodan (Eye/Throat))
4. Hiraken (*Yonhon Ken*) (Chudan)
5. Kokenzuki (Kakuto Uchi) (Jodan (Jaw))

Fist (One Knuckle)

1. Forefinger Knuckle Punch (Head (Eye))
 2. Middle Knuckle Punch (Head (Eye))
 3. Thumb Knuckle (Head (Eye/Throat))
 4. Middle Joints Four Fingers (Body)
 5. Arch Fist (Top of Wrist) (Head (Jaw))
-

Empi Waza

1. Mae Empi Uchi (Jodan)
2. Age Empi Uchi (Jodan)
3. Otoshi Empi Uchi (Jodan)
4. Yoko Empi Uchi (Chudan)

Elbow Strikes

1. Front Elbow Strike (Head)
 2. Upward Elbow Strike (Head)
 3. Dropping Elbow Strike (Head)
 4. Side Elbow Strike (Body)
-

Ude Waza

1. Naiwan Uchi (Chudan)
2. Gaiwan Uchi (Jodan)

Arm Strikes

1. Inner Forearm Strike (Chudan)
 2. Outer Forearm Strike (Head)
-

Keri Waza

1. Maegeri (Jodan) [FL]
2. Maegeri (Chudan) [FL & BL]
3. Mawashigeri (Chudan + Jodan) [FL & BL]
4. Yokogeri (Chudan + Jodan) [FL & BL]
5. Sunegeri (Gedan (Mata)) [FL & BL]
(Mukozunegeri)
6. Josokutei Mawashigeri (Jodan) [FL & BL]
7. Kokatogeri (Jodan) [FL & BL]
8. Uchi Mikazukigeri (Jodan) [BL]
9. Soto Mikazukigeri (Jodan) [FL & BL]
10. Tobi Yokogeri (Jodan) [FL & BL]
11. Ashi Barai
12. Hizageri (Gedan) [FL & BL]

Kicks

1. Front Kick (Head) [FL]
 2. Front Kick (Body) [FL & BL]
 3. Roundhouse Kick (Body + Head) [FL & BL]
 4. Side Kick (Body + Head) [FL & BL]
 5. Shin Kick (Low (Thigh)) [FL & BL]
 6. Ball Of Foot Roundhouse Kick (Head) [FL & BL]
 7. Axe Kick (Head) [FL & BL]
 8. Inside Crescent Kick (Head) [BL]
 9. Outside Crescent Kick (Head) [FL & BL]
 10. Jumping Side Kick (Head) [FL & BL]
 11. Foot Sweep
 12. Knee Strike (Low (Groin)) [FL & BL]
-

Renraku Waza

1. Agezuki (Jodan) [FA]
 - Mawashizuki (Jodan) [BA]
 - Yokogeri (Chudan) [BL]
 - Ushirogeri (Chudan)
 - Uchi Mikazukigeri (Jodan)
 - Chokuzuki (Jodan)
 - Tobi Maegeri (Jodan) [FL]
 - Uraken (Jodan) [FA]
2. Maegeri
 - / Mawashigeri
 - / Ushiro Mawashigeri
 - / Yokogeri
 - / Ushiro Mawashigeri
 - [Same Leg, BL]
 - Gyakuzuki (Chudan)
 - Uraken (Jodan) [FA]
 - Mawashizuki (Jodan) [BA]
3. Tobi Uraken (Jodan) [FA]
 - Tobi Yokogeri (Jodan)
 - / Ushiro Mawashigeri (Jodan)
 - [Same Leg, FL]
 - Ushirogeri (Chudan)
 - Mawashigeri (Jodan)
 - / Surikomi Yokogeri (Chudan)
 - [Same Leg, BL>FL]
 - Uraken (Jodan) [FA]
 - Mawashizuki (Jodan) [BA]
4. Zenshinshite Uraken (Jodan) [FA]
 - Gyakuzuki (Chudan) [BA]
 - Suriashi Kokatogeri (Jodan) [FL]
 - Tobi Maegeri (Chudan) [BL]
 - Tobi Mawashigeri (Jodan) [BL]
 - Agezuki (Jodan) [FA]
 - Furizuki (Chudan) [BA]
5. Uchi Mikazukigeri
 - / Soto Mikazukigeri
 - [Same Leg, BL]
 - Mawashigeri (Chudan) [FL]
 - Yokogeri (Chudan) [BL]
 - Suriashi Kokatogeri (Jodan) [FL]
 - Chokuzuki (Jodan) [FA]
 - Haito Uchi (Jodan) [BA]
 - Agezuki (Jodan) [FA]
 - Mawashigeri (Hiza) [FL]

Combination Techniques

1. Rising Punch (Head) [FA]
 - Roundhouse Punch (Head) [BA]
 - Side Kick (Body) [BL]
 - Back Kick (Body)
 - Inside Crescent Kick (Head)
 - Snap Punch (Head)
 - Jump Front Kick (Head) [FL]
 - Backfist (Head) [FA]
2. Front Kick
 - / Roundhouse Kick
 - / Hook Kick
 - / Side Kick
 - / Hook Kick
 - [Same Leg, BL]
 - Reverse Punch (Body)
 - Backfist (Head) [FA]
 - Roundhouse Punch (Head) [BA]
3. Jump Backfist (Head) [FA]
 - Jump Side Kick (Head)
 - / Hook Kick (Head)
 - [Same Leg, FL]
 - Back Kick (Body)
 - Roundhouse Kick (Head)
 - / 1 Step Side Kick (Body)
 - [Same Leg, BL>FL]
 - Backfist (Head) [FA]
 - Roundhouse Punch (Head) [BA]
4. Stepping Through Backfist (Head) [FA]
 - Reverse Punch (Body) [BA]
 - 1 Step Axe Kick (Head) [FL]
 - Jump Front Kick (Body) [BL]
 - Jump Roundhouse Kick (Head) [BL]
 - Rising Punch (Head) [FA]
 - Bolo (Swing) Punch (Body) [BA]
5. Inside Crescent Kick
 - / Outside Crescent Kick
 - [Same Leg, BL]–
 - Roundhouse Kick (Chudan) [FL]
 - Yokogeri (Chudan) [BL]
 - 1 Step Axe Kick (Head) [FL]
 - Snap Punch (Head) [FA]
 - Ridge Hand Strike (Head) [BA]
 - Rising Punch (Head) [FA]
 - Roundhouse Kick (Knee) [FL]

Sanbon Gumite

(Pairs)

1. Chudan Uchi Uke
– Empi
2. Chudan Soto Uke
– Maegeri
– Gyakuzuki
3. Chudan Uchi Uke
– Kansetsu Waza
4. Chudan Soto Uke
– Kansetsu Waza
5. Jodan Uke Ipponme
6. Jodan Uke Nihonme
7. Jodan Uke Sanbonme
8. Jodan Uke Yonhonme
9. (Chudan) Maegeri Uke Ipponme
10. (Chudan) Maegeri Uke Nihonme
11. (Chudan) Maegeri Uke Sanbonme
12. (Chudan) Maegeri Uke Yonhonme
13. (Chudan) Maegeri Uke Gohonme
14. (Chudan) Maegeri Uke Ropponme

3 Step Fighting

(Pairs)

1. Inside Body Block
– Elbow Strike
2. Outside Body Block
– Front Kick
– Reverse Punch
3. Inside Body Block
– Arm Lock
4. Outside Body Block
– Arm Lock
5. Head Block Number One
6. Head Block Number Two
7. Head Block Number Three
8. Head Block Number Four
9. (Body) Kick Block Number One
10. (Body) Kick Block Number Two
11. (Body) Kick Block Number Three
12. (Body) Kick Block Number Four
13. (Body) Kick Block Number Five
14. (Body) Kick Block Number Six

Ohyo Gumite

(Pairs)

1. Ohyo Gumite Ipponme
2. Ohyo Gumite Nihonme
3. Ohyo Gumite Sanbonme
4. Ohyo Gumite Yonhonme
5. Ohyo Gumite Gohonme
6. Ohyo Gumite Ropponme
7. Ohyo Gumite Nanahonme
8. Ohyo Gumite Hachihonme

Semi Free Fighting

(Pairs)

1. Semi Free Fighting One
2. Semi Free Fighting Two
3. Semi Free Fighting Three
4. Semi Free Fighting Four
5. Semi Free Fighting Five
6. Semi Free Fighting Six
7. Semi Free Fighting Seven
8. Semi Free Fighting Eight

Kihon (Yakusoku) Kumite

(Pairs)

1. Kihon Kumite Ipponme
2. Kihon Kumite Nihonme
3. Kihon Kumite Sanbonme
4. Kihon Kumite Yonhonme
5. Kihon Kumite Gohonme
6. Kihon Kumite Ropponme
7. Kihon Kumite Nanahonme
8. Kihon Kumite Hachihonme
9. Kihon Kumite Kyuhonme
10. Kihon Kumite Jupponme

Basic Sparring

(Pairs)

1. Basic Sparring One
2. Basic Sparring Two
3. Basic Sparring Three
4. Basic Sparring Four
5. Basic Sparring Five
6. Basic Sparring Six
7. Basic Sparring Seven
8. Basic Sparring Eight
9. Basic Sparring Nine
10. Basic Sparring Ten

Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto
9. Seishan
10. Bassai (Passai)
11. Niseishi
12. Wanshu
13. Rohai (Shodan)

Forms

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four
5. Peaceful Mind Five
6. (Chinese Diplomat) / Viewing The Sky
7. Iron Horse
8. Fighting To The East
9. 13 Hands
10. Storm The Fortress
11. 24 Steps
12. Dumping Form
13. Vision Of A Crane/Heron

Kata Bunkai (Pairs)

Kata Application (Pairs)

Appropriate application for Kata of Grading Instructors Choice

Kata

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto
9. Seishan
10. Bassai (Passai)
11. Niseishi
12. Wanshu
13. Rohai (Shodan)

Forms

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four
5. Peaceful Mind Five
6. (Chinese Diplomat) / Viewing The Sky
7. Iron Horse
8. Fighting To The East
9. 13 Hands
10. Storm The Fortress
11. 24 Steps
12. Dumping Form
13. Vision Of A Crane/Heron

Traditional

- | | |
|---|--|
| 1. Tobikomizuki (Jodan) | 1. Sliding Snap Punch (Head) |
| 2. Nagashizuki (Jodan) | 2. Sliding Twisting Snap Punch (Head) |
| 1. Junzuki (Chudan)
– Mawatte Jodan Uke | 1. Lunge Punch (Body)
– Turn Rising Head Block |
| 2. Kette Junzuki (Chudan)
– Mawatte Jodan Uke | 2. Kick Lunge Punch (Body)
– Turn Rising Head Block |
| 3. Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke | 3. Leaning Lunge Punch (Head)
– Turn Rising Head Block |
| 4. Kette Junzuki No Tsukkomi (Jodan)
– Mawatte Jodan Uke | 4. Kick Leaning Lunge Punch (Head)
– Turn Rising Head Block |
| 5. Gyakuzuki (Chudan)
– Mawatte Gedan Barai | 5. Reverse Punch (Body)
– Turn Downward Block |
| 6. Kette Gyakuzuki (Chudan)
– Mawatte Gedan Barai | 6. Kick Reverse Punch (Body)
– Turn Downward Block |
| 7. Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai | 7. Leaning Reverse Punch (Groin)
– Turn Downward Block |
| 8. Kette Gyakuzuki No Tsukkomi (Kin)
– Mawatte Gedan Barai | 8. Kick Leaning Reverse Punch (Groin)
– Turn Downward Block |
| <hr/> | |
| 1. Shuto Uke
(Mahanmi Nekoashi Dachi) | 1. Knife Hand Block
(Side Cat Stance) |
| 2. Moroto Uke
(Mahanmi Nekoashi Dachi) | 2. Double Forearm Block
(Side Cat Stance) |
| 3. Shuto Uke
(Nekoashi Dachi) | 3. Knife Hand Block
(Cat Stance) |
| 4. Moroto Uke
(Nekoashi Dachi) | 4. Double Forearm Block
(Cat Stance) |
-

Additional Techniques

Jiyu Kumite

(Light Contact With Protective Equipment)

(5 X 4 Minutes)

Makiwara

(5 X 4 Minutes)

Goshin Jutsu (X 8)

(5) Single Attacker

(3) Multiple Attackers

Freestyle Tanto Dori (X 5)

(Free Choice)

Sparring

(Light Contact With Protective Equipment)

(5 X 4 Minutes)

Pad Work

(5 X 4 Minutes)

Self Defence (X 8)

(5) Single Attacker

(3) Multiple Attackers

Freestyle Knife Defence (X 5)

(Free Choice)

Wado Tanto Dori (X 2)

(Free Choice)

Wado Idori (X 2)

(Free Choice)

Kansetsu Waza (X 2)

(Free Choice)

(Gyaku)Nage Waza (X 2)

(Free Choice)

Taoshi Waza (X 2)

(Free Choice)

Shime Waza (X 1)

(Free Choice)

Wado Knife Defence (X 2)

(Free Choice)

Wado Kneeling Defence (X 2)

(Free Choice)

Joint Lock Technique (X 2)

(Free Choice)

Throwing Technique (X 2)

(Free Choice)

Take-Down Techniques (X 2)

(Free Choice)

Strangle/Choke Technique (X 1)

(Free Choice)

Sempai Training

(Teach - All Grades)

Ability To Teach All Techniques

Oral Test On Japanese Phrases

Teaching Ability

(Teach - All Grades)

Ability To Teach All Techniques

Oral Test On Japanese Phrases
