



2nd Dan (Nidan) Syllabus

Kihon (Basic Techniques)

From Jiyu-na-kamae

1. Kizami-zuki, Gyaku-zuki + Mae-geri, Oi-zuki, Gyaku-zuki + Mawashi-geri, Uraken, Gyaku-zuki (both sides)

** Going out, the three combinations should be performed in three counts. Returning, all the three combinations should be performed in one count.*

2. Kizami-zuki, Gyaku-zuki, shift back Jodan Nagashi-uke, Gyaku-zuki + Mae-geri, Oi-zuki, Gyaku-zuki, shift back to 45 degrees Gedan Barai, Gyaku-zuki + Mawashi-geri, Uraken, Gyaku-zuki, shift back to 45 degrees Jodan Uchi-uke, Gyaku-zuki (both sides)

** Going out, the three combinations should be performed in three counts. Returning, all the three combinations should be performed in one count.*

3. From Zenkutsu-dachi, in place, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri (same leg) (both sides)

Kata

Tokui Kata: Kata of choice

Shitei Kata: Examiners choice of Bassai Dai, Kanku Dai, Enpi or Jion, Hangetsu, Junro 1-5

Kumite

Jiyu Kumite (Free Sparring)

Minimum Requirements

24 months continuous training. Plus 3 JKS England Brown & Black Belt Courses.

The Examiners

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