**2nd Dan – Black Belt**

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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. Surikomi Mawashigeri Jodan 7. Surikomi Sokuto Jodan 8. 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 & Ropponme

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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**