

Nidan Examination Requirements

Black Belt

Kihon	1. Kizami zuki	6x fwd & back
Free style stance	2. Uraken zuki	6x fwd & back
Kamae	3. Gyaku zuki	6x fwd & back
	4. Oi zuki	4x fwd & back
	5. Oi-gyaku zuki	4x fwd & back
	6. Kizami zuki, oi zuki	4x fwd & back
	7. Kizami zuki, gyaku zuki	4x fwd & back
	8. Oi zuki, half step, kizami zuki	2x fwd & back
	9. Oi zuki, half step, uraken zuki	2x fwd & back
	10. Gyaku zuki, step forward, gyaku zuki	4x fwd & back
	11. Gyaku zuki, step forward, uraken zuki	4x fwd & back
	12. Gyaku zuki, oi zuki	4x fwd & back
	13. Gyaku zuki, kizami zuki, gyaku zuki	4x fwd & back
	14. Gyaku zuki, kizami zuki, oi zuki	4x fwd & back
	15. Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki	1x fwd & back
	16. Mae geri keage, oi zuki	4x fwd & back
	17. Mawashi geri, oi zuki	4x fwd & back
	18. Mawashi geri, gyaku zuki	4x fwd & back
	19. Ushiro geri, uraken zuki	4x fwd & back
	20. Mae geri keage, oi zuki, half step, gyaku zuki	2x fwd & back
	21. Any Tsuki-keri combination	1x fwd & back
Stationary kick	22. Mae geri keage, mae geri kekome, yoko geri keage, yoko geri kekome, mawashi geri, ushiro geri	5 sets each leg

Kata

Pre-Nidan 1 : Kanku Sho
 Pre-Nidan 2 : Kanku Sho, Bassai Sho
 Pre-Nidan 3 : Kanku Sho, Bassai Sho, Jitte
 Pre-Nidan 4 : Kanku Sho, Bassai Sho, Jitte, Chinte
 Pre-Nidan 5 : Kanku Sho, Bassai Sho, Jitte, Chinte, Tekki Sandan
 Nidan : All katas for pre-nidan 5 plus the application of the katas

Kumite

Competitive : Jyu kumite (tournament style) Shobu Ippon
 Non-competitive : Jyu ippon kumite