|  |
| --- |
| **Nidan Second Degree Black Belt Test** |

****

|  |  |
| --- | --- |
| **Name:** | **Test Fee: $200** |
| **Present Rank:** | **Testing Rank: 1st Kyu** | **Result:** |
| **Single Basics** | **Score 1-5** | **Comments** |
| Oi zuki |  |  |
| Gyaku zuki  |  |  |
| Gedan barai |  |  |
| Age uke |  |  |
| Ude soto uke |  |   |
| Ude uchi uke |  |  |
| Shuto uke |  |  |
| Mae geri |  |  |
| Yoko geri kekomi (f. stance) |  |  |
| Yoko geri keage (kiba dachi) |  |  |
| Mawashi geri |  |  |
| Ushiro geri |  |  |
| Ura mawashi geri |  |  |
| **Stances** | **Score 1-5** | **Comments** |
| Front stance |  |  |
| Back stance |  |  |
| Kiba dachi |  |  |
| Other stances |  |  |
| **Double Basics** | **Score 1-5** | **Comments ts as** |
| Oi zuki, gyaku zuki |  |  |
| Gedan barai, gyaku zuki |  |  |
| Age uke, gyaku zuki |  |  |
| Ude soto uke, gyaku zuki |  |  |
| Ude uchi uke, gyaku zuki |  |  |
| Shuto uke, nukite |  |  |
| Mae geri, jodan oi zuki |  |  |
| Mae geri, chudan gyaku zuki |  |  |
| Yoko geri kekomi, gyaku zuki |  |  |
| Mawashi geri, gyaku zuki |  |  |
| Mae geri, yoko geri kekomi |  |  |
| Mae geri, mawashi geri |  |  |
| Mawashi geri - ushiro geri |  |  |

|  |
| --- |
| **Nidan Second Degree Black Belt Test Continued** |
| Ushiro geri, mawashi geri |  |  |
| Mae geri, yoko geri kekomi (single leg) |  |  |
| Mae geri, mawashi geri (single leg) |  |  |
| **Triple Combinations** | **Score 1-5** | **Comments** |
| From gyaku zuki: jodankizami zuki, chudan gyaku zuki, step chudan gyaku zuki |  |  |
|  From gyaku zuki: step gyaku zuki,jodan kizami zuki, gyaku zuki |  |  |
| Ude soto uke, uraken, empi |  |  |
| Ude uchi uke, jodan kizami zuki, gyaku zuki |  |  |
| Kokutsu dachi shuto uke, kizami mae geri, nukite |  |  |
| Mawashi geri, uraken, gyaku zuki |  |  |
| Ushiro geri, uraken, gyaku zuki |  |  |
| Mae geri, yoko geri kekomi, mawashi geri |  |  |
| Mae geri, mawashi geri, ushiro geri |  |  |
| **Quadruple Combinations** | **Score 1-5** | **Comments** |
| Mae geri, yoko geri kekomi, mawashi geri, ushiro geri |  |  |
| Step back age uke, mawashi geri,uraken (kiba dachi), oi zuki |  |  |
| **Mae geri, yoko geri kekomi, mawashi geri, ushiro geri** **(single leg stationary)** |  |  |
| **Sparring Combinations** | **Score 1-5** | **Comments** |
| Kizami zuki, mae geri, oi zuki |  |  |
| Kizami zuki, gyaku zuki,mawashi geri, gyaku zuki |  |  |
| **Kizami zuki, gyaku zuki, pull front****leg back ushiro geri, gyaku zuki** |  |  |
| **Kata** | **Score 1-5** | **Comments** |
| Tokui kata |  |  |
| Heian 1 , 2 , 3 , 4 , 5 or Tekki 1  |  |  |
| Tekki 2 or 3 |  |  |
| Bassai Dai | Kanku Dai | Kanku Dai |  |
| Jion | Jitte | Empi |  |  |  |
| Hangetsu | Gankaku |  |  | **Hangetsu** |

|  |
| --- |
| **Nidan Second Degree Black Belt Test Continued 2** |
| **Jiyu Nihon****Kumite** | **Attacking** | **Defending** |
| Mae geri, jodan oi zuki | Score:  | Score: |
| Kizami zuki, gyaku zuki | Score:  | Score: |
| Mae geri, mawashi geri | Score: | Score: |
| **Gyaku zuki, gyaku zuki** | Score: | Score: |
| **Oi zuki,** **gyaku zuki** | Score: | Score: |
| **Ushiro geri, uraken uchi** | Score: | Score: |
| **Jiyu Kumite** | **Attacking** | **Defending** |
| Speed | Score: | Score: |
| Power | Score: | Score: |
| Focus | Score: | Score: |
| Distance | Score: | Score: |
| Timing | Score: | Score: |
| Zanchin | Score: | Score: |
| Spirit | Score: | Score: |