

## Nidan Examination Requirements Black Belt

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### Kihon

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

### 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*