

Nidan Test



“Details Small Items”

Kata: Kanku Dai or Jitte and Jiin

Kumite: Mandate to demonstrate “Timing” “Distancing” and “Control”, Must contain Soft and percussive Blocking`

Ippon From Kata (16 Total)

Head Level: _____

Body Level: : _____

Groin Level: _____

Kicks: : _____

Ippon Personal (can be a duplicate of previous ippon from the kata) (16 Total)

Head Level: _____

Body Level: : _____

Groin Level: _____

Kicks: : _____

Waza: Mandate Proper Structure

Offensive:

Closed Hand (With Rythm): _____

Open Hand (With Rythm): _____

Elbows: Standing: _____ Moving: _____

Snap Kick: _____ Thrust Kick: _____

Distancing (Closing with hand tech.): _____

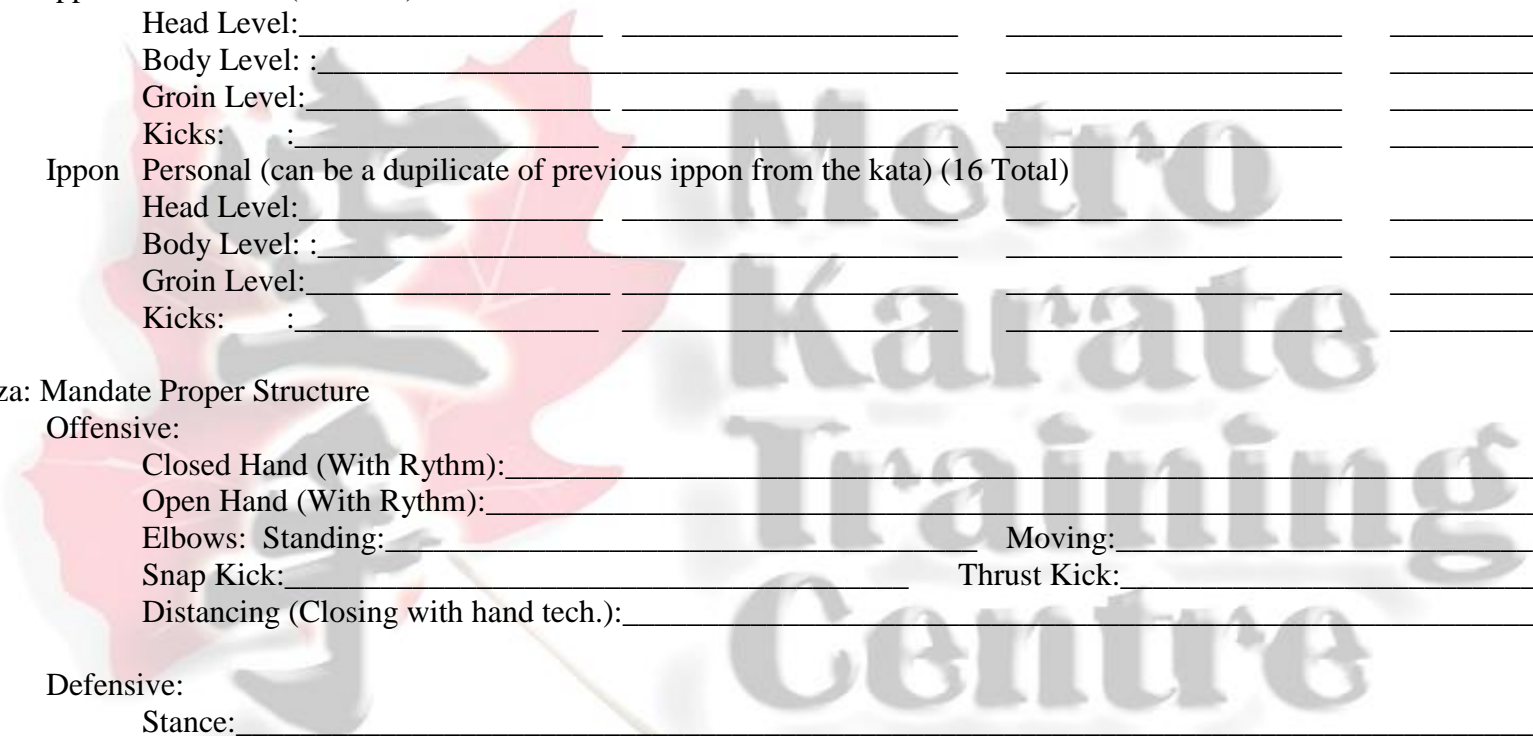
Defensive:

Stance: _____

Linear (can vary the stances): _____

Blocking (Ready Stance with shifting): _____

Sweeping : _____



Teaching: Mandate, must be completed prior to test date

TAP #1 completed

Teaching classes:

Minimum of 8 classes taught, each must 2 consecutively (Adults can teach any age group)(Juveniles can only teach under 12 years of age)

General Knowledge / General History:

- 1) Karate
- 2) Tsuruoka
- 3) Metro Karate Training Center

