

2nd Dan

Grading Requirements



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KIHON - Stationary Basics

Keri: Gyaku Mikatsuki.
Gyaku Mawashi.

KIHON - Moving & Combinations

Fudo Dachi:

- Sanbon Tsuki Forwards Only

Tip: Be careful not to end up in Zenkutsu Dachi

- Mawashi Keri, Yoko Keri (same leg to the front) Forwards Only

Emphasis: Control over foot positions

Zenkutsu Dachi:

- Mai Keri Kokome Forwards and backwards

Emphasis: Distinct foot movements with control

- (Backwards) Jodan Uke (Forwards) Stationary
Mawashi Keri (Landing in a sideways
facing Zenkutsu Dachi) Yoko Uraken Uchi,
(Tenshin) Chudan Gyaku Tsuki

Lesson: Combining body rotation into liner movements for power

- (Back foot up Sanchin Dachi /body rise) Stationary
Jodan Mawashi Empi Uchi (Front hand)
back foot retreat Zenkutsu Dachi with almost
simultaneous Gyaku Tsuki.

Lesson: Reverse foot shifting to generate power

Kamae:

- Mae Keri, Yoko Keri, Ushiro Keri (all same leg) Stationary

Emphasis: Control over foot positions

Tip: Rely on technique for power, don't add power

Kamae:

- Kizami Tsuki, Mae Keri (back foot forward),
Kizami Tsuki (almost simultaneous hit with landing) Forwards Only

Emphasis: body movement for power, without sacrifice on flow

Tip: Compact hip actions!

- $\frac{3}{4}$ stance advance Mae Keri forwards Forwards Only
(back foot comes up to Sanchin Dachi)
Gyaku Ura Age Empi Uchi.
Fall back to Zenkutsu Dachi, Simultaneous Mai Uraken Uchi
Off the same hand, Choku Tsuki opposite hand.

Lesson: Combining foot shifting, long and short stances, reverse foot shifting

Zenkutsu Dachi:

Yoko Keri (to the side), land to the side Gyaku Tsuki

Emphasis: control on leg and foot placement to deliver maximum power to the hips.

- Neko Ashi Dachi (back foot up) Mawashi Keito Uchi (Front hand),
Forward 45 Zenkutsu Dachi Mai Keito Uchi

Lesson: Combining reverse foot shifting, Body Shifting, long and short stances.

KATA (Forms)

Bassai Dai.

Jion

Kanku Dai

Jutte

Hungetsu

Emphasis on all Kata

- Power through movements.
- Correct pacing.
- Flow of body actions
- Control

IPPON KUMITE

1) Attacker
Open attack

Defender
Open defence and counter

2) Attacker
Open Attack Arms

Defender
Light contact or tapping, combination counter following the attackers body movements.

3) Open Attack Kicks

As Above.

KAEME IPPON KUMITE (One Step from fighting positions)

| | <u>Attack</u> | <u>Defend</u> |
|----|---------------------------|---|
| 1) | 3/4 Speed Open Arm Attack | Sen No Sen (No Evasion) |
| 2) | Full Speed Mai Keri | Open Sen No Sen (including take downs) |
| 3) | Defenders Choice | Takedown, Lock, Hold or Break |
| 4) | Defenders Choice | 2 nd Takedown, Lock, Hold or Break |
| 5) | Defenders Choice | 3 rd Takedown, Lock, Hold or Break |

JIYU IPPON KUMITE (Free One Step)

| | | |
|----|--|---|
| 3) | <u>Attacker</u> Any straight attack | <u>Defender</u> Open Sen No Sen |
|----|--|---|

OKURI JIYU IPPON KUMITE (Follow-Through Free One Step)

| <u>Movement</u> | <u>Attacker</u> | <u>Defender</u> |
|-----------------|-----------------------------------|----------------------------------|
| 1 | Open Attack | Block, Evade (Optional), Counter |
| 2 | Any attack following the defender | Block, Evade (Optional), Counter |

KASHI IPPON KUMITE (Attack and Counter Attacked One Step)

| | | | |
|----|-----------------|--|--|
| 1) | <u>Movement</u> | <u>Initial Attacker</u> | <u>Initial Defender</u> |
| | 1 | Open Tsuki / Uchi | Open defence with evasion all directions |
| | 2 | Block incoming attack (Evasion Optional) & Counter | Counter Attack with Oi Tsuki |
| 2) | <u>Movement</u> | <u>Initial Attacker</u> | <u>Initial Defender</u> |
| | 1 | Open Keri | Open Defence with evasion all directions |
| | 2 | Block incoming attack (Evasion Optional) | Open Multiple Counter Attack |

MULTIPLE ATTACK

Two attackers 1 round of 10 attacks each attacker (20 attacks total).

Open Attack and defence

JIYU KUMITE (Free Fighting)

10 rounds of points Kumite