

ACTIVE HERTFORDSHIRE KARATE (TSKAGB)

MASA MARTIAL ARTS STANDARDS AGENCY

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SHODAN ATTEMPTING NIDAN – BLACK BELT 2nd DEGREE

KIHON

TECHNIQUE

PROCEDURE

NO.

Following combination from Jiyu Dachi stance

1. Age Uke / Mae Geri / Gyaku Zuki / Gedan Barai	Forward and stepping back	5
2. Soto Uke / Gyaku Zuki / Kizami Zuki / Gyaku Zuki / Gedan Barai	Forward and stepping back	5
3. Uchi Uke / Kizami Zuki / Gyaku Zuki / Gedan Barai	Forward and stepping back	5
4. Shuto Uke / Kizami Mawashi Geri / Nukite / Shuto Uke	Forward and stepping back	5
5. Kizami Zuki / Mae Geri / Oi Zuki Jodan / Gyaku Zuki / Gedan Barai	Forward turn the same back	5
6. Kizami Mawashi Geri / Ushiro Geri / Uraken / Gyaku Zuki	Forward turn the same back	5
7. Kizami Kekomi / Mae Geri / Uraken / Gyaku Zuki	Forward turn the same back	5
8. Gyaku Zuki / Mae Geri / Mawashi Geri (turn) Shuto Uchi / Gyaku Zuki	Forward turn the same back	5
9. Mae Geri / Mawashi Geri / Uraken / Gyaku Zuki / Gedan Barai	Forward turn the same back	5
10. Mae Geri / Kekomi / Shuto Uchi / Gyaku Zuki / Gedan Barai	Forward turn the same back	5
11. Ushiro Geri	Forward turn the same back	5
12. Gyaku Zuki / Mawashi Geri / Uraken / Gyaku Zuki	Forward turn the same back	5
13. Kekomi / Uraken	Forward turn the same back	5
14. Kizami Zuki / Step up Ura Mawashi Geri (front foot)	Forward turn the same back	5
15. Yoko Geri Keage / Kekomi (Kiba Dachi – same leg)	Forward turn the same back	5
16. Mae Geri / Kekomi / Ushiro Geri	On the spot	5

KATA

A choice of one of the following kata:

Candidate list: choose from, Enpi or Jitte with explanation of Bunkai

Examiner list: Jion / Ji'in / Tekki Nidan

Plus previous Kata: Taikyoku Shodan / Heian Shodan / Heian Nidan / Heian Sandan / Heian Yondan / Heian Godan / Tekki Shodan / Bassai Dai / Kankudai

KUMITE

Kihon Ippon Kumite – Set 3 / 4 / 5

Jiyu Ippon Kumite – Set 3 / 4 / 5

Sanbon Kumite – Set 1 / 2 / 3 / 4 (both sides)

Okuri Jiyu Kumite – jodan / chudan / mae geri / kekomi / mawashi geri / ushiro geri

Jiyu Kumite – Performed against 3 consecutive opponents of similar or higher level.

This kumite should be non-stop and continue for 5 minutes duration.

WRITTEN ELEMENT PLUS ORAL EXAM

Written Element – Must have completed and submitted either Junior or Senior FULL Instructor Pack.

Oral Examination – To test underpinning knowledge of associated subjects i.e. Japanese terminology, Brief History, First Aid, General knowledge, other associated subjects.