

NSK Nidan Exam Requirements

Prerequisites:

Minimum two years since passing Shodan Exam

Regular attendance

Instruct one class per week (either Little Tigers or regular karate is acceptable)

Minimum 500 word essay on the history of Karate

Kata

All Heian katas & bunkai

All Shodan katas & bunkai

All Nidan katas

Bunkai on tokui kata.

Kihon (all combinations 5Xs)

From Kiba Dachi

- Yoko geri keage pivot yoko gero kikomi uraken

From Kokutsu Dachi

- Shuto uke>kizami mae geri>nukite

From Zenkutsu Dachi

- Soto uke>change to kiba dachi yoko enpi uchi>uraken→chudan oi zuki
- Shifting back age uke>soto uke>gedan barai > gyaku zuki
- Mae geri>mawashi
- (5 kick combination 2 X's) Mae geri→Mawashi geri→kekomi→keage→ushiro gero

From Sochin

- Kizami zuki>gyaku zuki→mawashi geri>uraken>gyaku zuki
- Kizami zuki>gyaku zuki>kizami zuki →ushiro uraken>gyaku zuki
- Mae geri>gyaku zuki→mawashi geri>gyaku zuki→kekomi>gyaku zuki→ushiro geri>gyaku zuki
- Jodan gyaku →ashi barai>gyaku zuki

Stationary Kicking (left and right side)

- 5 Maegeri keage/yoko geri keage/mawashi geri/ushiro geri>

Kumite

Jiyu Ippon

Hachi Jiyu

Jiyu

●
肉
体
の
強
さ

●
意
志
の
強
さ

●
精
神
の
強
さ

●
性
格
の
強
さ