|  |
| --- |
| **NIDAN SECOND DEGREE BLACK BELT TEST** |

****

|  |  |
| --- | --- |
| **Name:** | **Test Fee: $200** |
| **Present Rank:** | **Testing Rank: 1st Kyu** | **Result:** |

|  |  |  |
| --- | --- | --- |
| **Single Basics** | **Score** | **Comments** |
| Oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Gyaku zuki  | 1 | 2 | 3 | 4 | 5 |  |
| Gedan barai | 1 | 2 | 3 | 4 | 5 |  |
| Age uke | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke | 1 | 2 | 3 | 4 | 5 |  |
| Shuto uke | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri kekomi (f. Stance) | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri keage (kiba dachi) | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Stances** | **Score** | **Comments** |
| Front stance | 1 | 2 | 3 | 4 | 5 |  |
| Back stance | 1 | 2 | 3 | 4 | 5 |  |
| Kibadachi | 1 | 2 | 3 | 4 | 5 |  |
| Other stances | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Double Basics** | **Score** | **Comments** |
| Oizuki - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Gedanbarai - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Age uke - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Shuto uke - nukite | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri – jodan oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri – chudan gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Yoko geri - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri - gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri - yoko geri | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri - mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri - ushiro geri | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri - mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko geri, one leg | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, mawashi geri, one leg | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Triple Combinations** | **Score** | **Comments** |
| Starting from gyaku zuki: jodankizami zuki-chudan gyaku zuki, step chudan gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Starting from gyakuzuki: stepgyakuzuki, jodan kizami zuki- gyakuzuki | 1 | 2 | 3 | 4 | 5 |  |
| Ude soto uke, uraken, empi | 1 | 2 | 3 | 4 | 5 |  |
| Ude uchi uke, jodan kizamizuki, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Kokutsu dachi shuto uke,kizami mae geri, nukite | 1 | 2 | 3 | 4 | 5 |  |
| Mawashi geri, uraken, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Ushiro geri, uraken, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko geri, mawashi geri | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, mawashi geri, ushiro geri | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Quadruple Combinations** | **Score** | **Comments** |
| Mae geri, yoko geri, mawashi geri,ushiro geri | 1 | 2 | 3 | 4 | 5 |  |
| Step back age uke, mawashi geri,uraken (kibadachi), oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Mae geri, yoko kekomi, mawashigeri, ushiro geri, one leg | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Sparring Combinations** | **Score** | **Comments** |
| Kizami zuki, mae geri, oizuki | 1 | 2 | 3 | 4 | 5 |  |
| Kizami zuki, gyaku zuki,mawashi geri, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |
| Kizami zuki, gyaku zuki, pull frontleg back ushiro geri, gyaku zuki | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Kata** | **Score** | **Comments** |
| **Tokui kata** | 1 | 2 | 3 | 4 | 5 |  |
| **Heian 1 , 2 , 3, , 5 ** **or Tekki 1 ** | 1 | 2 | 3 | 4 | 5 |  |
| **Tekki 2  or 3** | 1 | 2 | 3 | 4 | 5 |  |
| ******Bassai Dai** | ******Kanku Dai** | 1 | 2 | 3 | 4 | 5 |  |
| ******Jion** | ******Jitte** | ******Empi** | 1 | 2 | 3 | 4 | 5 |  |
| ******Hangetsu** | ******Gankaku** | 1 | 2 | 3 | 4 | 5 |  |

|  |  |  |
| --- | --- | --- |
| **Jiyu Nihon****Kumite** | **Attacking** | **Defending** |
| Kizami zuki, gyaku zuki | Score: | Score: |
| Gyaku zuki, gyaku zuki | Score: | Score: |
| Oi zuki, gyaku zuki | Score: | Score: |
| Mae geri, jodan oizuki | Score: | Score: |
| Mae geri, mawashi geri | Score: | Score: |
| Ushiro geri, uraken uchi | Score: | Score: |

|  |  |  |
| --- | --- | --- |
| **Jiyu Kumite** | **Attacking** | **Defending** |
| Speed | Score: | Score: |
| Power | Score: | Score: |
| Focus | Score: | Score: |
| Distance | Score: | Score: |
| Timing | Score: | Score: |
| Zanchin | Score: | Score: |
| Spirit | Score |  |