

NIDAN - SENIORS

- Kihon** : (II-Jiyu ni kamae te)
1. -> : Kizame tsuki (zkd) - sanbon ren tsuki (zkd)
 2. -> : Mae geri (zkd) = oi tsuki (zkd)
 3. -> : (fw) Kizame tsuki (zkd) - (bw) age uke (fdd) -
(fw) mawashi geri (zkd) - uraken (fdd) - oi tsuki (zkd)
 4. [] : Yoko geri keage (kbd) = yoko geri kekomi (kbd)
 5. -> : Ushiro geri (zkd) - ushiro mawashi geri (zkd) -
ura mawashi geri (zkd) - uchi uke (fdd) - yoko empi (kbd) -
uraken (fdd) + mae geri (zkd) = gyaku tsuki (zkd)
 6. + : Shoho geri: Mae/yoko/ushiro/mawashi geri
 7. + : Shiho enpi: Age/ushiro/yoko/mawashi enpi
- Kata** : Heian I up to V, Tekki I + II, Bassai Dai, Kanku Dai, Jion,
Empi, Hangetsu.
- Kumite** : 1. Jiyu kumite
- Shinpan:** 1. Knowledge of Referee rules
2. Using rules as a referee