

NIDAN Two years continuous training from 1st Dan

9th August 2010

1. **Kumite – To encompass full range of combat principles. Photos / Video**
Higher level of execution required.
2. **Intermediate ground work – Photos / Video**
 - i) Escape from guard & side mount
 - ii) Chokes from back and on top triangle
 - iii) Submissions (Breaks) – arm locks (Use of pressure points)
3. **Kumite - Padded up for controlled contact**
 - i) Mid range - Freestyle
 - ii) Close range Ju- Ippon from Heiko Dachi. **Photos / Video**
4. **Basic weapons**
Knife defence
5. **KATA : Heians, Tekki, Bassai Sho, Hungetsu, Jion,**
 - a) **Demonstration of Tokui kata including bunkai applications.**
 - i) Selection of the kata from the list of those applicable to the grade, demonstrating the kata effectively
 - ii) Demonstration with a partner, of **researched** bunkai applications.

First slowly with verbal explanation of the technique, principles of combat and vital points employed; then demonstration of the application at full (but safe) speed.
 - b) **Demonstration of one other kata**
Examiner choice from the syllabus.
6. **Short thesis** selected after discussion with a senior instructor.
7. **Emphasis placed on:**
 - a) **“Transitions” between ranges** – essential to fluidity build-in cross-over forms.
 - b) **Controlled contact (padded) Kumite & Spirit.**
 - c) **Tactical awareness**

Kumite - Reaction Sparring

Attack Sequence



Attacker: Smother front hand gyaku tsuki. OS.

Attack Sequence



Attacker: Kizami tsuki, gyaku tsuki. Defender: Jodan block gyaku tsuki.

Kumite - Reaction Sparring

Reaction Sequence



Attacker: Kizami zuki, gyaku zuki, moving off line kizami zuki. OS.

Reaction Sequence



Attacker: Gyaku zuki. Defender: soto uke block— kizami zuki gyaku zuki.

Geri waza

Maegeri Sequence Inside block



Attacker: Kizami tsuki gyaku tsuki, maegeri.



Defender: Jodan/chudan block move to the inside. Blocks kick gedan barai striking uraken to the head.



Geri waza

Maegeri Sequence Outside block



Attacker: Kizami tsuki, gyaku tsuki maegeri—back leg.



Defender: Move out of range block the gyaku tsuki, move to the side gedan barai, jodan uraken.



Geri waza

Maewashi Sequence Inside block



Attacker: Kizami, gyaku tsuki maewashi front foot.



Defender: Jodan/chudan block inside, and counter uraken gyaku tsuki to the head.



Geri waza

Kekomi Sequence Inside block



Attacker: Steps up uraken, front foot kekomi.



Defender: Blocks age uke, blocks front foot kekomi osae uke. Shin kick taking your opponent to the floor finishing with a strike to GB 20.



Kyusho Jutsu – incorporating Close range (Sanchin)

All exercises to examiner's command. two attacks stepping forward. Then change attacker.



Attacker: Ju dachi. Oi tsuki



Defender: Ju dachi. Move back, blocking with maewashi uke change to sanchin (transition) kizami tsuki / Ura tsuki / Mawashi tsuki jodan



Kyusho Jutsu – incorporating Close range (Sanchin)

All exercises to examiner's command. two attacks stepping forward. Then change attacker.



Attacker: Ju dachi. Oi tsuki



Defender: Ju dachi. Move back change to sanchin (transition), maewashi uke / Kin geri front leg / Tetsui.



Kyusho Jutsu – incorporating Close range (Sanchin)

All exercises to examiner's command. two attacks stepping forward. Then change attacker.



Attacker: Ju dachi. Right leg back



into informal ju dachi. Step for-



ward jodan oi tsuki.



Defender: Ju dachi. Move back
leg kick name ashi teisho uchi.



change to sanchin (transition),



blocking with maewashi uke / front



Kyusho Jutsu – incorporating Close range (Sanchin)

All exercises to examiner's command. two attacks stepping forward. Then change attacker.



Attacker: Ju dachi. Right leg back into informal ju dachi. Step forward jodan oi tsuki.



Defender: Ju dachi. Mawashi uki, gyaku tsuki to GB20, Hiza geri GB 31. Striking into the neck point's taking your attacker to the floor gyaku tsuki.



Nage waza

Nage waza Sequence Inside block



Attacker: Maewashi Tsuki.



Defender: Maewashi uki, Striking St 6 - 7 Haishu tsuki. St 5 Teisho. Sp 11 Hiza geri. Pulling head down Striking Kentsui BI 10. Tai Otoshi (Body drop).



Knife Defence

Knife to the throat



Attacker: Knife to throat (Rear).



Defender: Pull the knife away from the throat. Clamping the knife to the chest, push up the elbow turning, strike TW 11. Turning lock the arm and take the knife.

