



NIDAN 2ND DAN

Everything to 1st Dan

Minimal age: 25

Kicks (geri waza):

- Mae-Tobi-Geri / Yoko-Tobi-Geri over more than five bent over people

Kata:

- Kihon-Kata-Sono-Ni
- Performing Ten Gyaku Techniques
- Tensho
- Seienchin
- Garyu
- Pinan-Sono-Ichi-Ura Pinan-Sono-Yon-Ura (option)
- Stick-Kata....Bo (option)

Exercises:

- 70 push-ups

Kumite:

- 40 rounds (2 minute)
 - o After 20 rounds 2 minutes rest
 - o After 30 rounds 2 minutes rest
 - o After 40 rounds 2 minutes rest

Tamesi-Waza:

- Three Boards Seiken / Shuto / Geri

Only in Summer Camp by International Budokai