



Missouri Karate Association

Testing Requirements for 2nd Dan 1st Dan Black Belt testing to obtain 2nd Dan Black Belt

I. Kata:

1. Select one of Katas except for Heian Shodan through Heian Godan & Tekki Shodan
2. Demonstrate Kata randomly selected by examiner from Bassai Dai, Jion, Enpi, Kanku Dai

II. Kihon:

Note: (Each sequence to be performed three times)

1. Stepping Forward: **Free Style – Kizami Zuki**, Oizuki Sanbon Zuki: Jodan X1, Chudan X2
MAWATTE
2. Sliding Forward: **Free Style** - Jodan **Kizami Zuki**, Chudan Maegeri, Jodan Oizuki
3. Left & Right Side: **Kiba-dachi** - Jodan Yoko Keage, Chudan Yoko Kekomi
4. Stepping Forward: **Free Style** – Jodan Ageuke, Chudan Mawashigeri, **Kiba-dachi** – Jodan Yoko Urakenuchi, **Zenkutso-dachi** – **Oizuki**.
4. No Movement: **Free Style** - Jodan Maegeri to front, Jodan Yoko Keage to side, Chudan Yoko Kekomi to side, Chudan Mawashigeri to front, Ushirogeri to back.

III. Kumite or Self-Defense:

Examinee selects either Kumite or Self-Defense

1. KUMITE

Jiyu Kumite (Free Sparring)

- a. Jiyu Kumite
- b. Attack Offense/Defense

Examinee takes offense and then switches to defense as indicated by examiner

1. SELF-DEFENSE

- A. Examinee selects one of the following self-defense techniques including partner for demonstration
 - Defense against weapon (e.g. knife, stick or pole)
 - Defense form sitting position (e.g. floor or chair).
 - Defense against grabbing and holding attack.
- B. Employing the same self-defense technique as selected by the examinee for his demonstration, the examiner designates another partner unknown to the examinee.



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Partial English Translation

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