



# Adelaide Academy of Combat & Defence

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## Shotokan Karate-Do Nidan (2<sup>nd</sup> Dan Black Belt)

- 1.) Choice of three Katas, one must be a Heian Kata.  
(Hangetsu, Enpi, Heian Godan)
- 2.) Bunkai of three Katas, one not a Heian Kata.  
(Heian Yondan, Tekki Shodan, Bassai Dai)
- 3.) 10 Advanced Ippon kumite techniques.  
(2 Jodan, 2 Chudan, 1 Maegeri – both sides)
- 4.) 6 Advanced Jyu Ippon kumite techniques.  
(1 Jodan, 1 Chudan, 1 Maegeri – both sides)
- 5.) 5 Self-defence techniques.  
(cross grab, double lapel grab, choke from side,  
double wrist grab from behind, escape from mount)
- 6.) 5 Weapons techniques.  
(Jo, Yawara, Baseball Bat, 2x Knife)
- 7.) 5 Continuous bouts of Jyu kumite
- 8.) 8 Basic grappling techniques
- 9.) Kata of choice.  
(Kanku Dai)
- 10.) Thesis (e.g. history of martial arts, physical conditioning  
etc.)
- 11) Must have first aid certificate and level 1 coaching